

# Training Periodization: Birkie 2024

Week	Dates	Focus	Approximate Hours
Week 1	5/29-6/4	Basic Aerobic Fitness/Strength	8.25
Week 2	6/5-6/11	Basic Aerobic Fitness/Strength	8.25
Week 3	6/12-6/18	Basic Aerobic Fitness/Specific Strength	9
Week 4	6/19-6/25	Basic Aerobic Fitness/Threshold	9.5
Week 5	6/26-7/2	Anaerobic Threshold	9.5
Week 6	7/3-7/9	RECOVERY	7
Week 7	7/10-7/16	Aerobic Volume/Strength	12
Week 8	7/17-7/23	Anaerobic Threshold	9.5
Week 9	7/24-7/30	Speed/Intensity	9.25
Week 10	7/31-8/6	RECOVERY	7
Week 11	8/7-8/13	Intensity	10.25
Week 12	8/14-8/20	Aerobic Volume/Strength	12
Week 13	8/21-8/27	Aerobic Volume	13.5
Week 14	8/28-9/3	RECOVERY	6.25
Week 15	9/4-9/10	Intensity	10
Week 16	9/11-9/17	Intensity/Speed	11.75
Week 17	9/18-9/24	Aerobic Volume	13.25
Week 18	9/25-10/1	RECOVERY	6.5
Week 19	10/2-10/8	Higher Intensity/Speed	9.75
Week 20	10/9-10/15	Higher Intensity/Speed	10.25
Week 21	10/16-10/22	Aerobic Volume	13
Week 22	10/23-10/29	RECOVERY	6
Week 23	10/30-11/5	Anaerobic Threshold	10.5
Week 24	11/6-11/12	Aerobic Volume	13.5
Week 25	11/13-11/19	RECOVERY	5.75
Week 26	11/20-11/26	Anaerobic Threshold	11.25
Week 27	11/27-12/3	Aerobic Volume	13.25
Week 28	12/4-12/10	RECOVERY	6
Week 29	12/11-12/17	Race (10-15km)	9.25
Week 30	12/18-12/24	Intensity/Speed	6.75
Week 31	12/25-12/31	Aerobic Volume	13.25
Week 32	1/1-1/7	RECOVERY	4.75
Week 33	1/8-1/14	RACE (30-35km)	8
Week 34	1/15-1/21	Aerobic Easy Volume	9.75
Week 35	1/22-1/28	Intensity/Speed	9.25
Week 36	1/29-2/4	RACE (20-25km)	7.25
Week 37	2/5-2/11	Taper/Recover	6
Week 38	2/12-2/18	Taper	5
Week 39	2/19-2/25	BIRKIE WEEK	5.75

**TOTAL TRAINING HOURS 357**



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JUNE		Focus Week: 6/19 - 6/25	
		Workout	Duration (hrs.) Focus
<b>Week 1</b>		<b>Week Focus: Basic Aerobic Fitness &amp; Strength</b>	
Monday	29-May	OFF	0 Recovery
Tuesday	30-May	Aerobic choice (bike/rollerski/run), easy	1 Basic Aerobic Fitness
Wednesday	31-May	Easy run/hike, preferably on trails	1.25 Basic Aerobic Fitness
Thursday	1-Jun	Aerobic choice (bike/rollerski/run), easy + bodyweight strength (below)	1.5 Basic Aerobic Fitness + Strength
Friday	2-Jun	Bike, easy, hit uphill as natural intervals	1.5 Basic Aerobic Fitness
Saturday	3-Jun	Easy rollerski (skate or classic)	1.5 Specific Aerobic Fitness
Sunday	4-Jun	Run/hike + bodyweight strength (below)	1.5 Basic Aerobic Fitness + Strength
<b>Weekly Total</b>			<b>8.25</b>
		Workout	Duration (hrs.) Focus
<b>Week 2</b>		<b>Week Focus: Basic Aerobic Fitness &amp; Strength</b>	
Monday	5-Jun	OFF	0 Recovery
Tuesday	6-Jun	Easy run/hike	1.25 Basic Aerobic Fitness
Wednesday	7-Jun	Trail run, easy with 3x3 minutes at Birkie Race Pace, full recovery between sets	1.25 Threshold Intervals
Thursday	8-Jun	Bike, easy + bodyweight strength (below)	1.5 Basic Aerobic Fitness + Strength
Friday	9-Jun	Classic Rollerski, double pole only for 30 minutes of the total 1.25 hours (can be done on skate skis as well)	1.25 Specific Aerobic Fitness + Strength
Saturday	10-Jun	Run/hike, preferably on trails	1.5 Basic Aerobic Fitness
Sunday	11-Jun	Rollerski (skate or classic)	1.5 Specific Aerobic Fitness
<b>Weekly Total</b>			<b>8.25</b>
		Workout	Duration (hrs.) Focus
<b>Week 3</b>		<b>Week Focus: Basic Aerobic Fitness &amp; Specific Strength</b>	
Monday	12-Jun	OFF	0 Recovery
Tuesday	13-Jun	Trail run, easy with 4x3 minutes Birkie Race Pace, full recovery between sets	1.25 Basic Aerobic Fitness
Wednesday	14-Jun	Run/hike + bodyweight strength (below)	1.25 Basic Aerobic Fitness + Strength
Thursday	15-Jun	Skate rollerski including 3x5 minutes no pole skiing	1.5 Specific Aerobic Fitness
Friday	16-Jun	Bike, easy	2 Basic Aerobic Fitness
Saturday	17-Jun	Classic rollerski, flat terrain, majority (at least 50%) double pole	1.5 Specific Aerobic Fitness + Strength
Sunday	18-Jun	Run/hike, preferably on trails, easy	1.5 Basic Aerobic Fitness
<b>Weekly Total</b>			<b>9</b>
		Workout	Duration (hrs.) Focus
<b>Week 4</b>		<b>Week Focus: Basic Aerobic Fitness, Introduce Threshold</b>	
Monday	19-Jun	OFF	0 Recovery
Tuesday	20-Jun	Hike/run + body weight strength (below)	1.5 Basic Aerobic Fitness + Strength
Wednesday	21-Jun	Trail run, 20 minute warm up, 5x3 minutes Birkie Race Pace with full recovery in between each interval, 15 minute cool down	1.25 Anaerobic Threshold
Thursday	22-Jun	Bike, easy + Bodyweight Strength (below)	2 Basic Aerobic Fitness + Strength
Friday	23-Jun	Classic Rollerski, double pole only for 45 minutes of the total 1.25 hours (can be done on skate skis as well)	1.25 Specific Aerobic Fitness + Strength
Saturday	24-Jun	Run/hike, easy, add in short pickups (5 seconds) at tops of hills	1.5 Basic Aerobic Fitness
Sunday	25-Jun	Skate rollerski, overdistance easy	2 Specific Aerobic Fitness
<b>Weekly Total</b>			<b>9.5</b>

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**Bodyweight Strength Routine**

Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set)  
Total time approximately 15-20 minutes

- 1 20 pushups (do from knees if necessary to maintain good technique)
- 2 15 squats (keep knees behind toes, go down to 90 degrees)
- 3 1 minute front plank with rotating hips
- 4 10 lunges (each leg, add weight if needed)
- 5 20 bird dogs (core exercise)



JULY Focus Week: July 17-23			
	Workout	Duration (hrs.)	Focus
<b>Week 5</b>	<b>Week Focus: Anaerobic Threshold</b>		
Monday	26-Jun OFF	0	Recovery
Tuesday	27-Jun Trail run, 20 minute warm up, 5x4 minutes Birkie Race Pace with full recovery in between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Wednesday	28-Jun Run/hike easy	1.25	Basic Aerobic Fitness
Thursday	29-Jun Rollerski (skate or classic), 20 minute warm up, 5x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Friday	30-Jun Bike, easy +bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Saturday	1-Jul Run/hike w/ski poles on hilly terrain, easy, using poles with good ski walking technique up hills	2	Basic Aerobic Fitness
Sunday	2-Jul Rollerski (skate or classic) easy, focus on specific technique improvement	1.25	Specific Aerobic Fitness
<b>Weekly Total</b>		<b>9.5</b>	
<b>Week 6</b>	<b>Week Focus: RECOVERY</b>		
Monday	3-Jul Easy jog 30 minutes + body weight strength (below)	1	Body Weight Strength
Tuesday	4-Jul Bike, easy	1.25	Basic Aerobic Fitness
Wednesday	5-Jul Trail run, easy	1	Basic Aerobic Fitness
Thursday	6-Jul Rollerski (skate or classic); 20 minute warm up, 5x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Friday	7-Jul Easy jog 30 minutes + body weight strength (below)	1	Body Weight Strength
Saturday	8-Jul OFF	0	Recovery
Sunday	9-Jul Bike, easy	1.25	Basic Aerobic Fitness
<b>Weekly Total</b>		<b>7</b>	
<b>Week 7</b>	<b>Week Focus: Aerobic Volume &amp; Strength</b>		
Monday	10-Jul OFF	0	Recovery
Tuesday	11-Jul Run/hike, easy with ski poles on hilly trails. Use ski poles on uphill with good ski walking technique	2	Basic Aerobic Fitness
Wednesday	12-Jul Rollerski (skate or classic); 20 minute warm up, 7x4 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.75	Anaerobic Threshold
Thursday	13-Jul Rollerski, classic 45 minutes easy skiing, 45 minutes double pole only, 30 minutes easy skiing	2	Specific Aerobic Fitness + Strength
Friday	14-Jul Run, easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness
Saturday	15-Jul Skate Rollerski, long and slow with 3x7 minutes no pole skiing	2	Specific Aerobic Fitness + Strength
Sunday	16-Jul Bike, easy	3	Basic Aerobic Fitness
<b>Weekly Total</b>		<b>12</b>	
<b>Week 8</b>	<b>Week Focus: Anaerobic Threshold</b>		
Monday	17-Jul OFF	0	Recovery
Tuesday	18-Jul Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with full recovery between intervals, 15 minute cool down	1.75	Anaerobic Threshold
Wednesday	19-Jul Easy Run	0.75	Basic Aerobic Fitness
Thursday	20-Jul Bounding intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging cool down	1.5	Anaerobic Development + Strength
Friday	21-Jul Skate rollerski, easy, focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Saturday	22-Jul Bike, easy overdistance + bodyweight strength (below)	2.5	Basic Aerobic Fitness
Sunday	23-Jul Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down	1.75	Anaerobic Threshold
<b>Weekly Total</b>		<b>9.5</b>	
<b>Week 9</b>	<b>Week Focus: Speed/Intensity</b>		
Monday	24-Jul OFF	0	Recovery
Tuesday	25-Jul Skate rollerski, 20 minute warm up, 6x3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down	1.5	Anaerobic Fitness
Wednesday	26-Jul Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Strength + Speed
Thursday	27-Jul Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down	1.5	Anaerobic Fitness
Friday	28-Jul Easy run + bodyweight strength routine (below)	1.25	Basic Aerobic Fitness + Strength
Saturday	29-Jul Skate rollerski easy 45 min, classic Rollerski easy 45 min	1.5	Specific Aerobic Fitness
Sunday	30-Jul Easy bike, w/10x15 second sprints throughout workout	2.5	Basic Aerobic Fitness
<b>Weekly Total</b>		<b>9.25</b>	

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**Bodyweight Strength Routine**

Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after all exercises complete in one set)  
Total time approximately 15-20 minutes

- 1 25 pushups (do from knees if necessary to maintain good technique)
- 2 20 squats (keep knees behind toes, go down to 90 degrees)
- 3 15 chair dips
- 4 10 (each side) side lunges
- 5 15 V-ups (core exercise)



AUGUST		Focus Week: August 21-27		
		Workout	Duration (hrs.)	Focus
<b>Week 10</b>		<b>Week Focus: Recovery</b>		
Monday	31-Jul	OFF	0	Recovery
Tuesday	1-Aug	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Wednesday	2-Aug	Classic rollerski specific strength workout (5x1 minute double pole up hill, 3x1 minute single stick up hill, 5x1 minute double pole up hill, 5 minute easy ski between each set) 15 minute warm up, 15 minute cool down	1.5	Specific Strength
Thursday	3-Aug	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Friday	4-Aug	Run/hike easy w/10 x 15 second accelerations at end of workout	1	Basic Aerobic Fitness + Speed
Saturday	5-Aug	Easy bike + body weight strength (below)	1.5	Basic Aerobic Fitness + Strength
Sunday	6-Aug	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
<b>Weekly Total</b>			<b>7</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 11</b>		<b>Week Focus: Intensity</b>		
Monday	7-Aug	OFF	0	Recovery
Tuesday	8-Aug	Classic rollerski, 20 minute warm up 6x6 minutes Birkie Race Pace intervals, half recovery between intervals, 15 minute cool down	1.75	Anaerobic Threshold
Wednesday	9-Aug	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Specific Strength + Speed
Thursday	10-Aug	Skate rollerski, 20 minute warm up, 7x(3 minutes Birkie Race Pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 15 minute cool down	1.75	Anaerobic Development
Friday	11-Aug	Easy run + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Saturday	12-Aug	Skate rollerski easy 1 hour, classic rollerski easy 1 hour	2	Specific Aerobic Fitness
Sunday	13-Aug	Easy bike w/10x15 second sprints throughout workout	2.5	Basic Aerobic Fitness + Speed
<b>Weekly Total</b>			<b>10.25</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 12</b>		<b>Week Focus: Aerobic Volume &amp; Strength</b>		
Monday	14-Aug	OFF	0	Recovery
Tuesday	15-Aug	Skate rollerski easy, heavy focus on V1 technique	2	Specific Aerobic Fitness
Wednesday	16-Aug	Run/hike w/ski poles, easy, hit top of uphill at high speed for 5 seconds	1.5	Basic Aerobic Fitness + Speed
Thursday	17-Aug	Classic rollerski specific strength workout (5x1 minute double pole up hill, 3x1 minute single stick up hill, 5x1 minute double pole up hill, 5 minute easy ski between each set) 15 minute warm up, 15 minute cool down	1.5	Specific Strength
Friday	18-Aug	Bike, easy	2	Basic Aerobic Fitness
Saturday	19-Aug	Skate rollerski, easy, focus on one specific technique improvement	2	Specific Aerobic Fitness
Sunday	20-Aug	Classic rollerski, mostly double pole, but will be long, so mix in some striding and kick-double pole also	3	Specific Aerobic Fitness + Strength
<b>Weekly Total</b>			<b>12</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 13</b>		<b>Week Focus: Aerobic Volume</b>		
Monday	21-Aug	OFF	0	Recovery
Tuesday	22-Aug	Classic rollerski easy over distance w/4x15 minutes double pole and 3x5 minutes single stick	2	Specific Aerobic Fitness + Strength
Wednesday	23-Aug	Bike easy overdistance	3	Basic Aerobic Fitness
Thursday	24-Aug	Skate rollerski, 20 minute warm up, 2x7 minutes Birkie Race Pace (3 minutes rest between sets), ski easy 5 minutes, 3x2 minutes 5k race pace (1.5 minutes rest between sets), ski easy 5 minutes, 5x15 second sprints (approximately 1 minute rest between sprints), 20 minute cool down	2	Specific Aerobic Fitness + Speed
Friday	25-Aug	Choice aerobic workout (rollerski, bike, run, paddle), easy over distance	2.5	Basic Aerobic Fitness
Saturday	26-Aug	Birkie technique rollerski, focus on one specific technique improvement, easy over distance	3	Specific Aerobic Fitness
Sunday	27-Aug	Easy jog 30 minutes + bodyweight strength (below)	1	Strength
<b>Weekly Total</b>			<b>13.5</b>	

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**Bodyweight Strength Routine**  
 Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set)  
 Total time approximately 15-20 minutes

- 1 30 pushups (do from knees if necessary to maintain good technique)
- 2 25 squats (keep knees behind toes, go down to 90 degrees)
- 3 1.5 minute walking plank
- 4 15 calf raisers (add weight if needed)
- 5 1.5 minute russian twist (core exercise, use med ball if needed)



SEPTEMBER Focus Week: September 4-10			
	Workout	Duration (hrs.)	Focus
<b>Week 14</b>	<b>Week Focus: RECOVERY</b>		
Monday	28-Aug OFF	0	Recovery
Tuesday	29-Aug Run easy w/8-10x15 second accelerations at the end	0.75	Basic Aerobic Fitness + Speed
Wednesday	30-Aug Skate rollerski easy w/2x5 minutes no pole skiing	1	Specific Aerobic Fitness
Thursday	31-Aug Classic rollerski, 25 minute warm up, 5 x 1.5 minutes at 5k race pace (on flat terrain), 15 minute cool down	1.25	Anaerobic Fitness Development
Friday	1-Sep Easy aerobic exercise (swim, bike, run, ski, paddle)	0.75	Basic Aerobic Fitness
Saturday	2-Sep Run/hike w/ski poles easy, add in 5 second accelerations at tops of uphill	1.5	Basic Aerobic Fitness + Speed
Sunday	3-Sep Classic rollerski easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
<b>Weekly Total</b>		<b>6.25</b>	
<b>Week 15</b>	<b>Week Focus: Intensity</b>		
Monday	4-Sep OFF	0	Recovery
Tuesday	5-Sep Skate rollerski, uphill/flat/overspeed intervals (find a relatively steep hill, 20 minute warm up, 5x1 minute at 5k race pace up hill, 4x4 minutes 5k race pace on flat terrain, 3x2 minutes 5k+ pace on gradual downhill; 20 minute cool down)	1.5	Speed + Anaerobic Power
Wednesday	6-Sep Trail run/hike with poles, easy + bodyweight strength routine (below)	2	Basic Aerobic Fitness + Strength
Thursday	7-Sep Classic rollerski, threshold/speed workout (15 minute warm up; find gradual uphill, 3x3 minutes 25k race pace with one minute rest between sets; 5 minute recovery/easy skiing; 2x5 minutes 25k race pace with 2 minutes rest between; 5 minute recovery; 3x3 minutes 25k race pace with 1 minute rest between; 15 minute cool down)	1.5	Anaerobic Power
Friday	8-Sep Easy aerobic exercise (swim, bike, run, ski, paddle)	2.5	Basic Aerobic Fitness
Saturday	9-Sep Skate rollerski, 20 minute warm up, 4x8 minutes Birkie Race Pace, full recovery, cool down 15 minutes	2	Anaerobic Threshold Fitness
Sunday	10-Sep Recovery spin bike	0.5	Recovery
<b>Weekly Total</b>		<b>10</b>	
<b>Week 16</b>	<b>Week Focus: Intensity &amp; Speed</b>		
Monday	11-Sep OFF	0	Recovery
Tuesday	12-Sep Skate rollerski, 15 minute warm up; 2x7 minutes Birkie Race Pace intervals; 5x2 minutes 5k race pace, preferably up a relatively steep hill with full recovery between intervals; 20 minute cool down.	1.75	Anaerobic Fitness
Wednesday	13-Sep Classic rollerski, 20 minutes easy skiing, 10x1 minute FAST double pole on flat terrain, 20 minutes easy skiing	1.5	Specific Aerobic Fitness + Speed
Thursday	14-Sep Easy hike/run with ski walking/pole hiking on uphill	2	Basic Aerobic Fitness
Friday	15-Sep Skate rollerski, easy with 3x5 minutes no pole skiing	1.5	Specific Aerobic Fitness
Saturday	16-Sep Skate rollerski, 20 minute warm up; 4-5x8 minutes Birkie Race Pace intervals with full recovery between intervals; 10x10 second sprints with full recovery; 20 minute cool down	2	Anaerobic Fitness
Sunday	17-Sep Choice aerobic workout (ski/bike/run/swim/paddle)	3	Basic Aerobic Fitness
<b>Weekly Total</b>		<b>11.75</b>	
<b>Week 17</b>	<b>Week Focus: Aerobic Volume</b>		
Monday	18-Sep OFF	0	Recovery
Tuesday	19-Sep Easy run or bike	2.5	Basic Aerobic Fitness
Wednesday	20-Sep Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10 minutes with no poles	1.5	Specific Aerobic Fitness
Thursday	21-Sep Easy trail run/pole hike + bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Friday	22-Sep Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half recovery between intervals; easy ski 5 minutes; 2-3x2 minutes 5k race pace, double poling on flat terrain; 20 minute cool down	2	Anaerobic Fitness
Saturday	23-Sep Easy road bike ride, long cruise	2.25	Basic Aerobic Fitness
Sunday	24-Sep Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second accelerations in both the skate rollerski and classic rollerski	3	Specific Aerobic Fitness + Speed
<b>Weekly Total</b>		<b>13.25</b>	
<b>Week 18</b>	<b>Week Focus: RECOVERY</b>		
Monday	25-Sep OFF	0	Recovery
Tuesday	26-Sep Classic rollerski with focus on one specific technique improvement	1.5	Basic Aerobic Fitness
Wednesday	27-Sep Easy jog + bodyweight strength (below)	1	Strength
Thursday	28-Sep Easy hike/run with natural intervals on uphill	1.25	Basic Aerobic Fitness + Speed
Friday	29-Sep Shake out jog	0.75	Recovery
Saturday	30-Sep Level 1 easy aerobic volume, trail run or rollerski (technique of choice)	1.5	Anaerobic Threshold
Sunday	1-Oct Shake out jog	0.5	Recovery
<b>Weekly Total</b>		<b>6.5</b>	

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**Bodyweight Strength Routine**

Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set)  
Total time approximately 15-20 minutes

- 1 20 spiderman pushups
- 2 20 slow, control squats (keep knees behind toes, go down to 90 degrees)
- 3 20 stability ball crunches
- 4 12 each leg, lunges (add weight if needed)
- 5 20 bird dogs (core exercise)



OCTOBER		Focus Week: October 2-8	
		Workout	Duration (hrs.) Focus
<b>Week 19</b>		<b>Week Focus: Higher Intensity/Speed</b>	
Monday	2-Oct	OFF	0 Recovery
Tuesday	3-Oct	Skate rollerski, speed day; 15 minute warm up; 10x30 seconds sprint on flat or gradual downhill (get moving FAST); 8 x sprint starts on flat terrain (start from a stop, get going to top speed, stay at speed for 5 seconds); 6 x uphill jump-skate/fast v1 (ski into the hill, sprint up the hill for at least 10 seconds); 15 minute cool down	1.5 Speed
Wednesday	4-Oct	Classic rollerski, specific strength workout (do on an uphill); 15 minute warm up; 5x1 minute single stick w/1 minute recovery between each; 5 minute break; 5x1 minute double pole (powerful double pole) w/1 minute recovery between each; 5 minute break; 5x1 minute core initiation (lock and load) w/1 minute rest in between; 15 minute cool down	1.5 Specific Strength + Power
Thursday	5-Oct	Trail run w/poles; 15 minute warm up; find a ~3km loop with hills, run the loop for 45 minutes, bounding every hill and jogging easy in between uphills; 15 minute cool down	1.25 Anaerobic Fitness
Friday	6-Oct	Bike ride easy	2 Basic Aerobic Fitness
Saturday	7-Oct	Skate or classic rollerski, 25 minute warm up; 3x(8 minutes Birkie Race Pace + 2 minutes 5k race pace) w/full recovery between intervals; 15 minute cool down	2 Anaerobic Threshold
Sunday	8-Oct	Classic rollerski easy w/10x15 second sprints throughout the workout	1.5 Specific Aerobic Fitness + Speed
<b>Weekly Total</b>			<b>9.75</b>
<b>Week 20</b>		<b>Week Focus: Higher Intensity/Speed</b>	
Monday	9-Oct	OFF	0 Recovery
Tuesday	10-Oct	Classic rollerski, speed workout; same as skate workout from 10/1/19 (switch v1/hop-skate to striding)	1.5 Speed
Wednesday	11-Oct	Skate rollerski, 25 minute warm up; 3x(9 minutes Birkie Race Pace + 2 minutes 5k race pace) w/full recovery between intervals; 15 minute cool down	2 Anaerobic Threshold
Thursday	12-Oct	Choice aerobic workout (ski/bike/run/swim/paddle)	1.75 Basic Aerobic Fitness
Friday	13-Oct	Classic rollerski, 25 minutes easy skiing, 10x1 minute FAST double pole on flat terrain, 25 minutes easy skiing	1.25 Speed
Saturday	14-Oct	Run/hike w/ski poles + bodyweight strength (below)	2 Basic Aerobic Fitness + Strength
Sunday	15-Oct	Skate rollerski easy w/10x15 seconds sprinting at the end	1.75 Specific Aerobic Fitness + Speed
<b>Weekly Total</b>			<b>10.25</b>
<b>Week 21</b>		<b>Week Focus: Aerobic Volume</b>	
Monday	16-Oct	OFF	0 Recovery
Tuesday	17-Oct	Run/hike w/ski poles, ski walking up all hills, keep heart rate low while ski walking. Focus on good technique more than pace/tempo (some good videos on Youtube demonstrating solid ski walking technique)	2 Basic Aerobic Fitness
Wednesday	18-Oct	Bike ride, mildly hard (level 1-2); level 2 is harder than you would go if you were going easy, but not quite as hard as if you were doing a long race	2.5 Basic Aerobic Fitness
Thursday	19-Oct	Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below)	2 Specific Aerobic Fitness + Strength
Friday	20-Oct	Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes	1.5 Anaerobic Threshold
Saturday	21-Oct	Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 3x10 second sprints throughout each technique during workout	3 Specific Aerobic Fitness + Speed
Sunday	22-Oct	Run/hike w/ski poles, easy	2 Aerobic Fitness
<b>Weekly Total</b>			<b>13</b>
<b>Week 22</b>		<b>Week Focus: RECOVERY</b>	
Monday	23-Oct	OFF	0 Recovery
Tuesday	24-Oct	Choice aerobic workout (run/bike/ski/paddle)	1.25 Basic Aerobic Fitness
Wednesday	25-Oct	Run, 45 minutes easy + bodyweight strength (below)	1 Basic Aerobic Fitness + Strength
Thursday	26-Oct	OFF	0 Recovery
Friday	27-Oct	Skate rollerski, easy with focus on one specific technique improvement	1.25 Specific Aerobic Fitness
Saturday	28-Oct	Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end	1 Specific Aerobic Fitness + Speed
Sunday	29-Oct	Choice aerobic workout (run/bike/ski/paddle)	1.5 Basic Aerobic Fitness
<b>Weekly Total</b>			<b>6</b>

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**Bodyweight Strength Routine**

Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set)

Total time approximately 15-20 minutes

- 1 25 spiderman pushups
- 2 25 slow, control squats (keep knees behind toes, go down to 90 degrees)  
1 minute front plank, 30 seconds right side plank, 30 seconds left side plank  
(front plank try rotating hips while holding position, side planks try lifting top)
- 3 foot up and down while holding position
- 4 1.5 minute wall sit with med ball russian twist
- 5 1.5 minute mountain climbers



NOVEMBER		Focus Week: October 30-November 5		
		Workout	Duration (hrs.)	Focus
<b>Week 23</b>		<b>Week Focus: Anaerobic Threshold</b>		
Monday	30-Oct	OFF	0	Recovery
Tuesday	31-Oct	Classic rollerski, 25 minute warm up; 4x10 minutes Birkie Race Pace on rolling terrain, 20 minute cool down	2	Anaerobic Threshold
Wednesday	1-Nov	Skate rollerski, 2x15 minutes no pole skiing, 1x10 minute(each arm) one pole skiing	1.75	Specific Aerobic Fitness
Thursday	2-Nov	Run/hike, easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Friday	3-Nov	Skate rollerski, 25 minute warm up; 5x(8 minutes Birkie Race Pace + 1 minute 5k race pace); 15 minute cool down	2	Anaerobic Threshold
Saturday	4-Nov	Classic rollerski, easy, hilly terrain, focus on powerful kick while striding	1	Specific Aerobic Fitness
Sunday	5-Nov	Choice aerobic workout (ski/run/bike/paddle)	2.5	Basic Aerobic Fitness
<b>Weekly Total</b>			<b>10.5</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 24</b>		<b>Week Focus: Aerobic Volume</b>		
Monday	6-Nov	OFF	0	Recovery
Tuesday	7-Nov	Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie Race Pace, full recovery between sets, cool down 15 minutes	2	Anaerobic Threshold
Wednesday	8-Nov	Easy skate rollerski with 10x15 second sprints at the end of workout, keep heart rate low (think long glide with good weight transfer)	2.5	Specific Aerobic Fitness + Speed
Thursday	9-Nov	Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below)	1.5	Specific Aerobic Fitness + Strength
Friday	10-Nov	Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2 minutes 5k pace, full recovery between sets, cool down 15 minutes	2	Anaerobic Threshold
Saturday	11-Nov	Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints during each technique throughout workout	3	Specific Aerobic Fitness + Speed
Sunday	12-Nov	Run/hike with ski poles, easy	2.5	Basic Aerobic Fitness
<b>Weekly Total</b>			<b>13.5</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 25</b>		<b>Week Focus: Recovery</b>		
Monday	13-Nov	OFF	0	Recovery
Tuesday	14-Nov	Choice aerobic workout (run/bike/ski)	1	Basic Aerobic Fitness
Wednesday	15-Nov	Run, 45 minutes easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Thursday	16-Nov	OFF	0	Recovery
Friday	17-Nov	Skate rollerski or ski, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Saturday	18-Nov	Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end	1	Specific Aerobic Fitness + Speed
Sunday	19-Nov	Choice aerobic workout (run/bike/ski)	1.5	Basic Aerobic Fitness
<b>Weekly Total</b>			<b>5.75</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 26</b>		<b>Week Focus: Anaerobic Threshold</b>		
Monday	20-Nov	OFF	0	Recovery
Tuesday	21-Nov	Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes	2	Anaerobic Threshold
Wednesday	22-Nov	Easy run + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
Thursday	23-Nov	Skate ski, easy with 10x15 sprints throughout ski	2	Specific Aerobic Fitness + Speed
Friday	24-Nov	Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace + 2 minutes 5k race pace) cool down 20 minutes	2.25	Anaerobic Threshold
Saturday	25-Nov	Easy run + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
Sunday	26-Nov	Skate or classic ski, easy, focus on one specific technique improvement	2.5	Specific Aerobic Fitness
<b>Weekly Total</b>			<b>11.25</b>	
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		<p><b>Bodyweight Strength Routine</b></p> <p>Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after all exercises complete in one set)</p> <p>Total time approximately 15-20 minutes</p> <ol style="list-style-type: none"> <li>20 chair dips</li> <li>10 each leg, lunges</li> <li>1 minute walking plank</li> <li>1.5 minute wall sit with med ball russian twist</li> <li>1.5 minute leg lifts (core exercise)</li> </ol>		
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DECEMBER		Focus Week: November 27-December 3		
	Workout	Duration (hrs.)	Focus	
<b>Week 27</b>	<b>Week Focus: Aerobic Volume</b>			
Monday	27-Nov OFF		0	Recovery
Tuesday	28-Nov Skate ski, easy, overdistance with focus on one specific technique improvement		2	Specific Aerobic Fitness
Wednesday	29-Nov Classic ski, easy, overdistance, start with 10 minutes no pole striding		2.25	Specific Aerobic Fitness
Thursday	30-Nov Skate ski, easy, overdistance with 10x15 second speeds throughout workout + bodyweight strength (below)		2	Specific Aerobic Fitness + Strength
Friday	1-Dec Skate ski, warm up 30 minutes, 2x10 minute Birkie Race Pace with full recovery, 3x4 minute 5k race pace with half recovery, cool down 15 minutes		2	Anaerobic Threshold
Saturday	2-Dec Classic ski easy on flat terrain, focus on strong double pole + bodyweight strength (below)		2	Specific Aerobic Fitness
Sunday	3-Dec Classic ski, easy on hilly terrain, focus on driving the knee forward while striding, add in 10x10 second striding sprints throughout ski		3	Specific Aerobic Fitness + Speed
<b>Weekly Total</b>			<b>13.25</b>	
<b>Week 28</b>	<b>Week Focus: Recovery</b>			
Monday	4-Dec OFF		0	Recovery
Tuesday	5-Dec Classic ski, easy, focus on strong double pole		1	Specific Aerobic Fitness
Wednesday	6-Dec Skate ski, easy with 8x15 second sprints at the end		1	Specific Aerobic Fitness + Speed
Thursday	7-Dec Skate ski, 15 minute warm up, 1x7 minute Birkie Race Pace, 4x3 minutes 5k+ race pace, 15 minute cool down		1.25	Anaerobic Fitness Development
Friday	8-Dec OFF		0	Recovery
Saturday	9-Dec Ski, easy, either technique		1.5	Specific Aerobic Fitness
Sunday	10-Dec Ski, easy + bodyweight strength (below)		1.25	Specific Aerobic Fitness + Strength
<b>Weekly Total</b>			<b>6</b>	
<b>Week 29</b>	<b>Week Focus: Intensity/Race</b>			
Monday	11-Dec OFF		0	Recovery
Tuesday	12-Dec Ski either technique, 15 minute warm up; 3x15 minutes Birkie Race Pace with full recovery in between; 15 minute cool down		1.75	Anaerobic Threshold
Wednesday	13-Dec Ski either technique, easy + bodyweight strength (below)		1.25	Specific Aerobic Fitness + Strength
Thursday	14-Dec Birkie technique ski, 15 minute warm up, 1x7 minute Birkie Race Pace, 5x3 minutes 5k+ race pace, 15 minute cool down		1.25	Anaerobic Fitness Development
Friday	15-Dec Classic ski, easy, focus on strong double pole		1.5	Specific Aerobic Fitness
Saturday	16-Dec Birkie technique ski, easy with 5x10 second sprints at end of workout		1.5	Specific Aerobic Fitness + Speed
Sunday	17-Dec Birkie technique time trial, find a varying terrain 10k - 15k course, do the warm up you would normally do for a race, do the 10-15k course at Birkie Race Pace, cool down at least 20 minutes. Good idea to have a couple of friends come with you and race with each other!		2	Race Effort
<b>Weekly Total</b>			<b>9.25</b>	
<b>Week 30</b>	<b>Week Focus: Intensity/Speed</b>			
Monday	18-Dec Classic ski, easy, with 5x10 second sprints at end		0.75	Specific Aerobic Fitness + Speed
Tuesday	19-Dec 45 minute jog + bodyweight strength (below)		1.25	Basic Aerobic Fitness + Strength
Wednesday	20-Dec Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, 6x2.5 minutes FAST skiing with full recovery, 20 minute cool down		1.25	Anaerobic Fitness Development
Thursday	21-Dec Ski either technique, easy with focus on one specific technique improvement		1	Specific Aerobic Fitness
Friday	22-Dec RACE, or race-style workout (similar to last Sunday but 5km instead)		1.5	Race Effort
Saturday	23-Dec OFF		0	Recovery
Sunday	24-Dec Ski either technique, very easy touring pace		1	Active Recovery
<b>Weekly Total</b>			<b>6</b>	
<b>Week 31</b>	<b>Week Focus: Aerobic Volume</b>			
Monday	25-Dec OFF		0	Recovery
Tuesday	26-Dec AM: Classic ski, 1.5 hours w/ 45 minutes of double pole only; PM: 45 minute jog		2.25	Aerobic Fitness Development
Wednesday	27-Dec AM: Skate ski, 2.5 hours on flatter terrain with a focus on very long glide during V2 and V2 alternate; PM: bodyweight strength (below)		3	Specific Aerobic Fitness + Strength
Thursday	28-Dec AM: Skate ski, 2 hours w/3x10 minutes no pole skiing; PM: classic ski, 1 hour on rolling hills to focus on powerful kick and long glide		3	Specific Aerobic Fitness
Friday	29-Dec AM: Skate ski, 2 hours easy; PM: classic ski, 1.5 hours easy		3.5	Specific Aerobic Fitness
Saturday	30-Dec Skate ski; 20 minute warm up; 10x45 second sprint pace, full recovery between sprints; long cool down		1.5	Specific Aerobic Fitness + Speed
Sunday	31-Dec OFF		0	Recovery
<b>Weekly Total</b>			<b>13.25</b>	

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**Bodyweight Strength Routine**

Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set)  
Total time approximately 15-20 minutes

- 1 20 chair dips
- 2 20 squats (keep knees behind toes, go down to 90 degrees)
- 3 20 bird dogs (core exercise)
- 4 15 each side clam shells
- 5 1.5 minute crunches (core exercise)





JANUARY			
Focus Week: January 8-14			
	Workout	Duration (hrs.)	Focus
<b>Week 32</b>	<b>Week Focus: Recovery</b>		
Monday	1-Jan Ski either technique, easy or easy jog for 45 minutes	1	Basic Aerobic Fitness
Tuesday	2-Jan OFF	0	Recovery
Wednesday	3-Jan Ski, easy	1.25	Aerobic Fitness
Thursday	4-Jan Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down	1	Speed
Friday	5-Jan OFF	0	Recovery
Saturday	6-Jan Ski, easy	1.5	Aerobic Fitness
Sunday	7-Jan Ski, easy or easy jog for 45 minutes	1	Aerobic Fitness
<b>Weekly Total</b>		<b>4.75</b>	
	Workout	Duration (hrs.)	Focus
<b>Week 33</b>	<b>Week Focus: Race Effort</b>		
Monday	8-Jan OFF	0	Recovery
Tuesday	9-Jan Ski either technique, easy + bodyweight strength	1.5	Specific Aerobic Fitness + Strength
Wednesday	10-Jan Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, 5x3 minutes FAST skiing with full recovery, 20 minute cool down	1.5	Anaerobic Fitness Development
Thursday	11-Jan Ski either technique, easy with focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Friday	12-Jan Ski race technique, 5x10 second sprints at end	0.75	Race Prep
Saturday	13-Jan <b>RACE, or race-style workout (longer 30-35km)</b>	<b>2</b>	<b>Race Effort</b>
Sunday	14-Jan Classic ski, very easy touring pace	1	Active Recovery
<b>Weekly Total</b>		<b>8</b>	
	Workout	Duration (hrs.)	Focus
<b>Week 34</b>	<b>Week Focus: Aerobic Volume</b>		
Monday	15-Jan OFF	0	Recovery
Tuesday	16-Jan Skate ski, easy with 3x10 minutes no pole skiing	1.5	Specific Aerobic Fitness
Wednesday	17-Jan Classic ski, easy with 3x10 minute double pole only	1.5	Specific Aerobic Fitness
Thursday	18-Jan Skate ski, warm up 20 minutes, 2x5 minutes Birkie Race Pace with full recovery, 3-4x4 minutes 5k race pace with full recovery, cool down 15 minutes	1.5	Anaerobic Fitness
Friday	19-Jan Classic ski, easy with focus on powerful stride + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
Saturday	20-Jan Ski either technique, easy with focus on one specific technique improvement	2	Specific Aerobic Fitness
Sunday	21-Jan Ski either technique, easy with 5x10 second sprints throughout ski	2	Specific Aerobic Fitness + Speed
<b>Weekly Total</b>		<b>9.75</b>	
	Workout	Duration (hrs.)	Focus
<b>Week 35</b>	<b>Week Focus: Intensity/Speed</b>		
Monday	22-Jan OFF	0	Recovery
Tuesday	23-Jan Classic ski, warm up 25 minutes, 1x7 minute Birkie Race Pace, 4-6x2 minutes 5k race pace, cool down 15 minutes	1.5	Anaerobic Fitness
Wednesday	24-Jan Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Thursday	25-Jan Classic ski, easy with focus on powerful striding	1.5	Specific Aerobic Fitness
Friday	26-Jan Skate ski, 20 minute warm up, 10x30 seconds FAST Skiing with 30 seconds recovery, 20 minute cool down	1	Speed
Saturday	27-Jan Ski either technique, easy with focus on one specific technique improvement	1.5	Aerobic Fitness
Sunday	28-Jan Classic ski 1.25 hours easy, skate ski 1.25 hours easy, 5x10 second speeds during both techniques	2.5	Specific Aerobic Fitness + Speed
<b>Weekly Total</b>		<b>9.25</b>	

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**Bodyweight Strength Routine**

Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set)

Total time approximately 15-20 minutes

- 1 15 chair dips
- 2 15 control squats (keep knees behind toes, go down to 90 degrees)
- 3 1 minute front plank with rotating hips
- 4 10 each side clam shells
- 5 1 minute russian twist (core exercise)



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FEBRUARY		Focus Week: February 19-25		
		Workout	Duration (hrs.)	Focus
<b>Week 36</b>		<b>Week Focus: Race Prep</b>		
Monday	29-Jan	OFF	0	Recovery
Tuesday	30-Jan	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Wednesday	31-Jan	Ski either technique, easy	1	Specific Aerobic Fitness
Thursday	1-Feb	Classic ski, warm up 20 minutes, 1x5 minute Birkie Race Pace, 3-5x2 minutes 5k race pace, cool down 15 minutes	1.25	Anaerobic Fitness
Friday	2-Feb	Ski race technique, easy with 5x10 second sprints at end	0.75	Race Prep
Saturday	3-Feb	Mid-distance race (20-25km); Good warm up and cool down before and after. Lots of recovery food/drink!	2.5	Race Effort
Sunday	4-Feb	OFF or 30 minute shake out jog	0.5	Active Recovery
<b>Weekly Total</b>			<b>7.25</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 37</b>		<b>Week Focus: Taper/Recover</b>		
Monday	5-Feb	OFF	0	Recovery
Tuesday	6-Feb	Ski Birkie technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Wednesday	7-Feb	Ski Birkie technique, easy with 10x20 second accelerations at the end of the ski	1	Speed
Thursday	8-Feb	OFF or 30 minute shake out jog	0.5	Active Recovery
Friday	9-Feb	Ski Birkie technique, 20 minute warm up, 1x5 minute Birkie Race Pace, 3-5x1.5 minutes 5k race pace, 20 minute cool down	1	Anaerobic Fitness
Saturday	10-Feb	Ski Birkie technique, easy with 5x10 second sprints throughout ski	1	Specific Aerobic Fitness + Speed
Sunday	11-Feb	Ski Birkie technique, easy with focus on one specific technique improvement	1.25	Specific Aerobic Fitness
<b>Weekly Total</b>			<b>6</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 38</b>		<b>Week Focus: Taper</b>		
Monday	12-Feb	OFF	0	Recovery
Tuesday	13-Feb	Jog, easy + bodyweight strength (below)	1	Active Recovery
Wednesday	14-Feb	Ski Birkie technique, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Thursday	15-Feb	OFF	0	Recovery
Friday	16-Feb	Ski, Birkie technique, 20 minute warm up, 1x5 minutes Birkie Race Pace, 3-5x45 seconds 5k pace, 20 minute cool down	1	Speed
Saturday	17-Feb	Ski, either technique, easy	0.75	Specific Aerobic Fitness
Sunday	18-Feb	Ski, either technique, easy with 5x10 second sprints throughout ski	1.25	Specific Aerobic Fitness + Speed
<b>Weekly Total</b>			<b>5</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 39</b>		<b>Week Focus: Taper</b>		
Monday	19-Feb	OFF	0	Recovery
Tuesday	20-Feb	Jog, easy + bodyweight strength (below)	0.75	Taper
Wednesday	21-Feb	Ski Birkie technique, easy	0.75	Taper
Thursday	22-Feb	Ski Birkie technique, easy with 5x10 second sprints at end	0.75	Taper
Friday	23-Feb	OFF	0	Taper
Saturday	24-Feb	<b>AMERICAN BIRKEBEINER 2023! GOOD LUCK AND HAVE FUN!</b>	3.5	Race Effort
Sunday	25-Feb	OFF (you deserve it...)	0	Recovery
<b>Weekly Total</b>			<b>5.75</b>	

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**Bodyweight Strength Routine**

Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after all exercises complete in one set)  
Total time approximately 15-20 minutes

- 1 10 chair dips
- 2 10 squats (keep knees behind toes, go down to 90 degrees)
- 3 45 second front plank with rotating hips
- 4 10 each side clam shells
- 5 1 minute crunches (core exercise)



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