	ates	ation: Birkie 2026	Approximate Hours
Veek 1 5	/26-6/1	Basic Aerobic Fitness/Strength	8.25
	/2-6/8	Basic Aerobic Fitness/Strength	8.25
	/9-6/15		9
10,	•	Basic Aerobic Fitness/Specific Strength	
	/16-6/22	Basic Aerobic Fitness/Threshold	9.5
Veek 5 6,	/23-6/29	Anaerobic Threshold	9.5
Veek 6 6,	/30-7/6	RECOVERY	7
Veek 7	/7-7/13	Aerobic Volume/Strength	12
Week 8	/14-7/20	Anaerobic Threshold	9.5
'	/21-7/27	Speed/Intensity	9.25
Week 10 7	/28-8/3	RECOVERY	7
Week 11 8,	/4-8/10	Intensity	10.25
Week 12 8	/11-8/17	Aerobic Volume/Strength	12
	/18-8/24	Aerobic Volume	13.5
	/25-8/31	RECOVERY	6.25
	/1-9/7	Intensity	10
	/8-9/14	Intensity/Speed	11.75
	/15-9/21	Aerobic Volume	13.25
	/22-9/28	RECOVERY	6.5
	/29-10/5	Higher Intensity/Speed	9.75
	0/6-10/12	Higher Intensity/Speed	10.25
	0/13-10/19 0/20-10/26	Aerobic Volume RECOVERY	13 6
	0/20-10/26	Anaerobic Threshold	10.5
	1/3-11/9	Arrabic Volume	13.5
	1/10-11/16	RECOVERY	5.75
	1/17-11/23	Anaerobic Threshold	11.25
	1/24-11/30	Aerobic Volume	13.25
	2/1-12/7	RECOVERY	6
	2/8-12/14	Race (10-15km)	9.25
Veek 30 1	2/15-12/21	Intensity/Speed	6.75
Week 31 1	2/22-12/28	Aerobic Volume	13.25
Veek 32 1	2/29-1/4	RECOVERY	4.75
Veek 33 1	/5-1/11	RACE (30-35km)	8
	/12-1/18	Aerobic Easy Volume	9.75
	/19-1/25	Intensity/Speed	9.25
	/26-2/1	RACE (20-25km)	7.25
	/2-2/8	Taper/Recover	6
	/9-2/15	Taper	5
Veek 39 2,	/16-2/22	BIRKIE WEEK	5.75
		TOTAL TRAINING HOURS	357
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JUNE	Focus We	ek: 6/16 - 6/22		
		Workout	Duration (hrs.)	Focus
Week 1		Week Focus: Basic Aerobic Fitness & Strength		
Monday	26-May		0	Recovery
Tuesday	27-May	Aerobic choice (bike/rollerski/run), easy	1	Basic Aerobic Fitness
Wednesday		Easy run/hike, preferably on trails		Basic Aerobic Fitness
Thursday		Aerobic choice (bike/rollerski/run), easy + bodyweight strength (below)	1.5	Basic Aerobic Fitness + Strength
Friday		Bike, easy, hit uphills as natural intervals		Basic Aerobic Fitness + Strength
Saturday		Easy rollerski (skate or classic)		Specific Aerobic Fitness
Sunday		Run/hike + bodyweight strength (below)		Basic Aerobic Fitness + Strength
Weekly Total		The state of the s	8.25	-
		Workout	Duration (hrs.)	Focus
Week 2		Week Focus: Basic Aerobic Fitness & Strength		
Monday	2-Jun	OFF	0	Recovery
Tuesday		Easy run/hike		Basic Aerobic Fitness
Wednesday		Trail run, easy with 3x3 minutes at Birkie Race Pace, full recovery between sets		Threshold Intervals
Thursday	5-Jun	Bike, easy + bodyweight strength (below) Classic Rollerski, double pole only for 30 minutes of the total 1.25 hours (can be	1.5	Basic Aerobic Fitness + Strength
Friday	6-Jun	done on skate skis as well)	1.25	
Saturday		Run/hike, preferably on trails		Basic Aerobic Fitness
Sunday		Rollerski (skate or classic)		Specific Aerobic Fitness
Weekly Total	0 3411	Tonerski (skace of classic)	8.25	
		Workout	Duration (hrs.)	Focus
Week 3		Week Focus: Basic Aerobic Fitness & Specific Strength		
Monday	9-Jun		0	Recovery
Tuesday	10-Jun	Trail run, easy with 4x3 minutes Birkie Race Pace, full recovery between sets	1.25	Basic Aerobic Fitness
Wednesday	11-lun	Run/hike + bodyweight strength (below)	1 25	Basic Aerobic Fitness + Strength
Thursday		Skate rollerski including 3x5 minutes no pole skiing		Specific Aerobic Fitness
Friday		Bike, easy		Basic Aerobic Fitness
Saturday	14-Jun	Classic rollerski, flat terrain, majority (at least 50%) double pole	1.5	Specific Aerobic Fitness + Strength
Sunday	15-Jun	Run/hike, preferably on trails, easy		Basic Aerobic Fitness
Weekly Total		W. J. J.	9	
147 A		Workout	Duration (hrs.)	Focus
Week 4	16-Jun	Week Focus: Basic Aerobic Fitness, Introduce Threshold	0	Recovery
Monday				·
Tuesday	17-Jun	Hike/run + body weight strength (below) Trail run, 20 minute warm up, 5x3 minutes Birkie Race Pace with full recovery	1.5	Basic Aerobic Fitness + Strength
Wednesday	18-Jun	in between each interval, 15 minute cool down	1.25	Anaerobic Threshold
Thursday		Bike, easy + Bodyweight Strength (below)		Basic Aerobic Fitness + Strength
arsaay	13-3011	Classic Rollerski, double pole only for 45 minutes of the total 1.25 hours (can be	2	Saster Control of the
Friday	20-Jun	done on skate skis as well)	1.25	Specific Aerobic Fitness + Strength
Saturday	21-Jun	Run/hike, easy, add in short pickups (5 seconds) at tops of hills	1.5	Basic Aerobic Fitness
Sunday	22-Jun	Skate rollerski, overdistance easy	2	Specific Aerobic Fitness
Weekly Total			9.5	
		Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break aft Total time approximately 15-20 minutes		durance United. All Rights Reserved. te in one set)
		20 pushups (do from knees if necessary to maintain good technique)		
		15 squats (keep knees behind toes, go down to 90 degrees)		
		1 minute front plank with rotating hips		
		10 lunges (each leg, add weight if needed)	F	
	5	20 bird dogs (core exercise)	ENDU	RANCE UNITED

JULY	Focus We	ek: July 14-20		
JOE1	1 ocus we	Workout	Duration (hrs.)	Focus
Week 5		Week Focus: Anaerobic Threshold	Duration (ms.)	rocus
Monday	23-Jun		0	Recovery
monady	23 34.1	Trail run, 20 minute warm up, 5x4 minutes Birkie Race Pace with full recovery		necovery
Tuesday	24-Jun	in between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Wednesday		Run/hike easy		Basic Aerobic Fitness
		Rollerski (skate or classic), 20 minute warm up, 5x4 minutes Birkie Race Pace		
Thursday	26-Jun	with rull recovery between intervals, 15 minute cool down	1.5	Anaerobic Threshold
Friday	27-Jun	Bike, easy +bodyweight strength (below)	2	Basic Aerobic Ftiness + Strength
Saturday	20 100	Run/hike w/ski poles on hilly terrain, easy, using poles with good ski walking technique up hills	,	Pagis Agrabia Fitness
Sunday		Rollerski (skate or classic) easy, focus on specific technique improvement	-	Basic Aerobic Fitness Specific Aerobic Fitness
Weekly Total	23 34.1	Notes in Justice of Glassicy Casy, rocas on specific technique improvement	9.5	
		Workout	Duration (hrs.)	Focus
Week 6		Week Focus: RECOVERY		
Monday	30-Jun	Easy jog 30 minutes + body weight strength (below)	1	Body Weight Strength
Tuesday	1-Jul	Bike, easy	1.25	Basic Aerobic Fitness
Wednesday	2-Jul	Trail run, easy	1	Basic Aerobic Fitness
Thursday	2.1.1	Rollerski (skate or classic); 20 minute warm up, 5x4 minutes Birkie Race Pace	1.5	A
Thursday	•	with rull recovery between intervals, 15 minute cool down		Anaerobic Threshold
Friday Saturday	5-Jul	Easy jog 30 minutes + body weight strength (below)		Body Weight Strength Recovery
Suturuay	3 341	OTT .		necovery
Sunday	6-Jul	Bike, easy	1.25	Basic Aerobic Fitness
Weekly Total			7	
		Workout	Duration (hrs.)	Focus
Week 7		Week Focus: Aerobic Volume & Strength		
Monday	7-Jul		0	Recovery
		Run/hike, easy with ski poles on hilly trails. Use ski poles on uphills with good		
Tuesday	8-Jul	ski walking technique Rollerski (skate or classic); 20 minute warm up, 7x4 minutes Birkie Race Pace	2	Basic Aerobic Fitness
Wednesday	9-111	with full recovery between intervals, 15 minute cool down	1 75	Anaerobic Threshold
Wednesday	3 341	Rollerski, classic 45 minutes easy skiing, 45 minutes double pole only, 30	1.75	Anderosic Tireshold
Thursday	10-Jul	minutes easy skiing	2	Specific Aerobic Fitness + Strength
Friday	11-Jul	Run, easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness
Saturday	12-Jul	Skate Rollerski, long and slow with 3x7 minutes no pole skiing	2	Specific Aerobic Fitness + Strength
Sunday	13-Jul	Bike, easy		Basic Aerobic Fitness
Weekly Total			12	
		the state of the s	// \	
		Workout	Duration (hrs.)	Focus
Week 8		Week Focus: Anaerobic Threshold		Focus
Week 8 Monday	14-Jul	Week Focus: Anaerobic Threshold OFF		
Monday		Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace	0	Focus Recovery
	15-Jul	Week Focus: Anaerobic Threshold OFF	1.75	Focus
Monday Tuesday	15-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down	1.75	Recovery Anaerobic Threshold
Tuesday Wednesday	15-Jul 16-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging	1.75 0.75	Recovery Anaerobic Threshold Basic Aerobic Fitness
Monday Tuesday	15-Jul 16-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking	1.75 0.75	Recovery Anaerobic Threshold
Tuesday Wednesday	15-Jul 16-Jul 17-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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	0 1.75 0.75	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength
Tuesday Wednesday	15-Jul 16-Jul 17-Jul 18-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run Bounding Intervals; 20 minute warm up, 2x3 minutes fast ski walking (continuation of the warm up), 5x1 minute hard bounding, 20 minute jogging	1.75 0.75 1.5	Recovery Anaerobic Threshold Basic Aerobic Fitness
Monday Tuesday Wednesday Thursday Friday Saturday	15-Jul 16-Jul 17-Jul 18-Jul 19-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute	1.75 0.75 1.5 1.25 2.5	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness
Monday Tuesday Wednesday Thursday Friday Saturday Sunday	15-Jul 16-Jul 17-Jul 18-Jul 19-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below)	1.75 0.75 1.5 1.25 2.5	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold
Monday Tuesday Wednesday Thursday Friday Saturday	15-Jul 16-Jul 17-Jul 18-Jul 19-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down	1.75 0.75 1.5 1.25 2.5 1.75 9.5	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total	15-Jul 16-Jul 17-Jul 18-Jul 19-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down	1.75 0.75 1.5 1.25 2.5	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9	15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity	1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.)	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total	15-Jul 16-Jul 17-Jul 18-Jul 19-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF	1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.)	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9	15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity	1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.)	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9	15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed	1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.)	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday	15-Jul 16-Jul 17-Jul 18-Jul 20-Jul 21-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the	1.75 0.75 1.5 1.25 2.5 2.5 Duration (hrs.)	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday	15-Jul 16-Jul 17-Jul 18-Jul 19-Jul 20-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1.75 0.75 1.5 1.25 2.5 2.5 Duration (hrs.)	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday Wednesday	15-Jul 16-Jul 17-Jul 18-Jul 20-Jul 21-Jul 22-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full	0 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.)	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday Wednesday Thursday	15-Jul 16-Jul 17-Jul 18-Jul 20-Jul 21-Jul 22-Jul 23-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down	0 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.)	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday Wednesday	15-Jul 16-Jul 17-Jul 18-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below)	0 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.)	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed
Monday Tuesday Wednesday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday Wednesday Thursday Thursday	15-Jul 16-Jul 17-Jul 18-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down	0 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.) 1 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday Wednesday Thursday Friday Saturday	15-Jul 16-Jul 17-Jul 18-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerski easy 45 min, classic Rollerski easy 45 min	0 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.) 1 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Weekly Total Week 9 Monday Tuesday Wednesday Thursday Friday Saturday Sunday	15-Jul 16-Jul 17-Jul 18-Jul 20-Jul 21-Jul 22-Jul 23-Jul 24-Jul 25-Jul 26-Jul	Week Focus: Anaerobic Threshold OFF Rollerski (skate or classic); 20 minute warm up, 6x5 minutes Birkie Race Pace with rull recovery between intervals, 15 minute cool down Easy Run 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 Skate rollerski, easy, focus on one specific technique improvement Bike, easy overdistance + bodyweight strength (below) Classic rollerski, 20 minute warm up, 6x5 minutes Birkie Race Pace, 20 minute cool down Workout Week Focus: Speed/Intensity OFF Skate rollerski, 20 minute warm up, 6x(3 minutes Birkie race pace followed immediately by 2 minutes 5k race pace; full recovery between intervals), 10 minute cool down Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end Running intervals, 15 minute warm up, 6x3 minutes 5k race pace w/full recovery between intervals, 10 minute cool down Easy run + bodyweight strength routine (below) Skate rollerski easy 45 min, classic Rollerski easy 45 min	0 1.75 0.75 1.5 1.25 2.5 1.75 9.5 Duration (hrs.) 1.5 1.5 1.5 1.5 2.5 2.5	Recovery Anaerobic Threshold Basic Aerobic Fitness Anaerobic Development + Strength Specific Aerobic Fitness Basic Aerobic Fitness Anaerobic Threshold Focus Recovery Anaerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness Strength + Speed Anaerobic Fitness Basic Aerobic Fitness
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AUGUST F	ocus We	ek: August 18-24		
		Workout	Duration (hrs.)	Focus
Week 10		Week Focus: Recovery		
Monday	28-Jul		0	Recovery
Tuesday	29-Jul	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
		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		
Wednesday	30-Jul	between each set) 15 minute warm up, 15 minute cool down	1.5	Specfic Strength
Thursday	31-Jul	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Friday		Run/hike easy w/10 x 15 second accelerations at end of workout		Basic Aerobic Fitness + Speed
Saturday		Easy bike + body weight strength (below)		Basic Aerobic Fitness + Strength
Sunday		Choice of aerobic exercise (bike, run, ski, paddle)		Basic Aerobic Fitness
Sanaay	37145	choice of decode exercise (ane) run, any paddie)	_	Dusic Meropic Meness
Weekly Total			7	
		Workout	Duration (hrs.)	Focus
Week 11			Daration (mor)	10003
	4.4	Week Focus: Intensity	0	Danning.
Monday	4-Aug		0	Recovery
-		Classic rollerski, 20 minute warm up 6x6 minutes Birkie Race Pace intervals, half	4.75	A
Tuesday	5-Aug	recovery between intervals, 15 minute cool down	1.75	Anaerobic Threshold
Wednesday	6-Aug	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Specific Strength + Speed
		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		
Thursday		cool down		Anaerobic Development
Friday		Easy run + bodyweight strength (below)		Basic Aerobic Fitness + Strength
Saturday		Skate rollerski easy 1 hour, classic rollerski easy 1 hour		Specific Aerobic Fitness
Sunday	10-Aug	Easy bike w/10x15 second sprints throughout workout	2.5	Basic Aerobic Fitness + Speed
Weekly Total			10.25	
		Workout	Duration (hrs.)	Focus
Week 12		Week Focus: Aerobic Volume & Strength		
Monday	11-Aug		0	Recovery
Tuesday	12-Aug	Skate rollerski easy, heavy focus on V1 technique	2	Specific Aerobic Fitness
Wednesday	12 Aug	Run/hike w/ski poles, easy, hit top of uphills at high speed for 5 seconds	1.5	Basic Aerobic Fitness + Speed
wednesday	13-Aug	Classic rollerski specific strength workout (5x1 minute double pole up hill, 3x1	1.5	Basic Aerobic Fittless + Speed
		minute single stick up hill, 5x1 minute double pole up hill, 5 minute easy ski		
Thursday	14-Διισ	between each set) 15 minute warm up, 15 minute cool down	1 5	Specific Strength
Friday		Bike, easy		Basic Aerobic Fitness
Saturday		Skate rollerski, easy, focus on one specific technique improvement		Specific Aerobic Fitness
		Classic rollerski, mostly double pole, but will be long, so mix in some striding and	_	
Sunday	17-Aug	kick-double pole also	3	Specific Aerobic Fitness + Strength
Weekly Total	- 0		12	
,		Workout	Duration (hrs.)	Focus
M1-42			Duration (ms.)	rocus
Week 13	10.1	Week Focus: Aerobic Volume		-
Monday	18-Aug		0	Recovery
		Classic rollerski easy over distance w/4x15 minutes double pole and 3x5 minutes		
Tuesday		single stick		Specific Aerobic Fitness + Strength
Wednesday	20-Aug	Bike easy overdistance	3	Basic Aerobic Fitness
		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		
Thursday	21-11-	rest between sprints), 20 minute cool down	2	Specific Aerobic Fitness + Speed
Friday		Choice aerobic workout (rollerski, bike, run, paddle), easy over distance		Basic Aerobic Fitness + Speed
auy	∠∠-∩ug	Birkie technique rollerski, focus on one specific technique improvement, easy over	2.3	Date Action Chines
Saturday	23-Διισ	distance	2	Specific Aerobic Fitness
Sunday		Easy jog 30 minutes + bodyweight strength (below)		Strength
Weekly Total	05		13.5	
vveekiy ittai			13.5	
			Convright © 2025 Endurar	nce United. All Rights Reserved.
			COPYTIBIL & ZUZU LIIUUI di	ice officea. All rights neserved.
		Bodyweight Strength Routine		
		and the second s		
			Il evercises complete in one	
		Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a	II exercises complete in one	eset)
	4	Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes $\frac{1}{2} = \frac{1}{2} \left(\frac{1}{2} + \frac{1}{2} \right) \left(\frac{1}{2} + \frac{1}{2} + \frac{1}{2} \right) \left(\frac{1}{2} + \frac$	Il exercises complete in one	set)
		Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique)	Il exercises complete in one	set)
	2	Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique) 25 squats (keep knees behind toes, go down to 90 degrees)	Il exercises complete in one	set)
	2	Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique) 25 squats (keep knees behind toes, go down to 90 degrees) 1.5 minute walking plank	Il exercises complete in one	set)
	2 3 4	Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique) 25 squats (keep knees behind toes, go down to 90 degrees) 1.5 minute walking plank 15 calf raisers (add weight if needed)	E	
	2 3 4	Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a Total time approximately 15-20 minutes 30 pushups (do from knees if necessary to maintain good technique) 25 squats (keep knees behind toes, go down to 90 degrees) 1.5 minute walking plank	ENDURANCE	

SEPTEMBER	Focus We	ek: September 1-7		
		Workout	Duration (hrs.)	Focus
Week 14		Week Focus: RECOVERY		
Monday	25-Aug	OFF Run easy w/8-10x15 second accelerations at the end		Recovery Basic Aerobic Fitness + Speed
Tuesday	Zo-Aug	Run easy W/8-10x15 Second accelerations at the end	0.75	Basic Aerobic Fitness + Speed
Wednesday	27-Aug	Skate rollerski easy w/2x5 minutes no pole skiing	1	Specific Aerobic Fitness
Thomas	20.4	Classic rollerski, 25 minute warm up, 5 x 1.5 minutes at 5k race pace (on flat	4.25	Annuali: Fiture Barrian
Thursday Friday		terrain), 15 minute cool down Easy aerobic exercise (swim, bike, run, ski, paddle)		Anaerobic Fitness Development Basic Aerobic Fitness
Saturday		Run/hike w/ski poles easy, add in 5 second accelerations at tops of uphills		Basic Aerobic Fitness + Speed
Sunday	31-Aug	Classic rollerski easy with focus on one specific technique improvement		Specific Aerobic Fitness
Weekly Total		Workout	6.25	Focus
Week 15		Week Focus: Intensity	Duration (hrs.)	Focus
Monday	1-Sep		0	Recovery
,		Skate rollerski, uphill/flat/overspeed intervals (find a relatively steep hill, 20		,
Turaday	2.5	minute warm up, 5x1 minute at 5k race pace up hill, 4x4 minutes 5k race pace on	4.5	Canada Assaulia Barra
Tuesday Wednesday		flat terrain, 3x2 minutes 5k+ pace on gradual downhill; 20 minute cool down) Trail run/hike with poles, easy + bodyweight strength routine (below)		Speed + Anaerobic Power Basic Aerobic Fitness + Strength
realiesady	3 300	Classic rollerski, threshold/speed workout (15 minute warm up; find gradual	_	Susterior interest Strength
		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		
Thursday	4-Sep	minute recovery; 3x3 minutes 25k race pace with 1 minute rest between; 15 minute cool down)	1.5	Anaerobic Power
Friday		Easy aerobic exercise (swim, bike, run, ski, paddle)		Basic Aerobic Fitness
Caturday		Skate rollerski, 20 minute warm up, 4x8 minutes Birkie Race Pace, full recovery,		Anapyahia Thyashald Ethana
Saturday Sunday		cool down 15 minutes Recovery spin bike		Anaerobic Threshold Fitness Recovery
Weekly Total	7-3ep	Theoret y spirit blice	10	
		Workout	Duration (hrs.)	Focus
Week 16		Week Focus: Intensity& Speed		
Monday	8-Sep		0	Recovery
		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		
Tuesday	9-Sep	between intervals; 20 minute cool down.	1.75	Anaerobic Fitness
		Classic rollerski, 20 minutes easy skiing, 10x1 minute FAST double pole on flat		
Wednesday	10-Sep	terrain, 20 minutes easy skiing	1.5	Specific Aerobic Fitness + Speed
Thursday	11-Sen	Easy hike/run with ski walking/pole hiking on uphills	,	Basic Aerobic Fitness
Friday		Skate rollerski, easy with 3x5 minutes no pole skiing		Specific Aerobic Fitness
		Skate rollerski, 20 minute warm up; 4-5x8 minutes Birkie Race Pace intervals with		
Saturday	12-San	full recovery between intervals; 10x10 second sprints with full recovery; 20 minute cool down.	,	Anaerobic Fitness
Sunday		Choice aerobic workout (ski/bike/run/swim/paddle)		Basic Aerobic Fitness
Weekly Total		, , , , , , ,	11.75	
		Workout	Duration (hrs.)	Focus
Week 17	15-Sep	Week Focus: Aerobic Volume	0	Deservers
Monday	15-3ep	OFF	0	Recovery
Tuesday	16-Sep	Easy run or bike	2.5	Basic Aerobic Fitness
		Skate rollerski, 2x10 minutes with one pole (10 minutes with each arm), 1x10		
Wednesday	17-Sep	minutes with no poles	1.5	Specific Aerobic Fitness
Thursday	10 Can	For trail run /nglo hiko r had weight strongth /halaw)		Basic Aerobic Fitness + Strength
Thursday	10-3eb	Easy trail run/pole hike + bodyweight strength (below) Classic Rollerski, 20 minute warm up; 5-6x8 minutes Birkie Race Pace with half	2	Basic Aerobic Fitness + Strength
		recovery between intervals; easy ski 5 minutes; 2-3x2 minutes 5k race pace,		
Friday		double poling on flat terrain; 20 minute cool down		Anaerobic Fitness
Saturday	20-Sep	Easy road bike ride, long cruise Skate rollerski 1.5 hours, classic rollerski 1.5 hours, add in 3x15 second	2.25	Basic Aerobic Fitness
Sunday	21-Sep	accelerations in both the skate rollerski and classic rollerski	3	Specific Aerobic Fitness + Speed
Weekly Total			13.25	
		Workout	Duration (hrs.)	Focus
Week 18	22-Sep	Week Focus: RECOVERY	_	Pacayary
Monday				Recovery
Tuesday	23-Sep	Classic rollerski with focus on one specific technique improvement	1.5	Basic Aerobic Fitness
Wednesday	21-San	Easy jog + bodyweight strength (below)		Strength
Thursday		Easy fike/run with natural intervals on uphills		Basic Aerobic Fitness + Speed
				·
Friday	26-Sep	Shake out jog	0.75	Recovery
			1 5	Anaerobic Threshold
Saturday	27-Sep	Level 1 easy aerobic volume, trail run or rollerski (technique of choice)	1.5	/ inderegge / in estion
Sunday		Shake out jog	0.5	Recovery
Sunday				Recovery
Sunday			0.5 6.5	Recovery
Sunday			0.5 6.5	Recovery
Sunday		Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after	0.5 6.5 Copyright © 2025 End	Recovery urance United. All Rights Reserved.
Sunday	28-Sep	Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes	0.5 6.5 Copyright © 2025 End	Recovery urance United. All Rights Reserved.
Sunday	28-Sep	Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 spiderman pushups	0.5 6.5 Copyright © 2025 End	Recovery urance United. All Rights Reserved.
Sunday	28-Sep	Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 spiderman pushups 20 slow, control squats (keep knees behind toes, go down to 90 degrees)	0.5 6.5 Copyright © 2025 End	Recovery urance United. All Rights Reserved.
Sunday	28-Sep 1 2	Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 spiderman pushups	0.5 6.5 Copyright © 2025 End	Recovery urance United. All Rights Reserved.
Saturday Sunday Weekly Total	28-Sep 1 2 3 4	Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 spiderman pushups 20 slow, control squats (keep knees behind toes, go down to 90 degrees) 20 stability ball crunches	0.5 6.5 Copyright © 2025 End all exercises complete i	Recovery urance United. All Rights Reserved. n one set)
Sunday	28-Sep 1 2 3 4	Shake out jog Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after Total time approximately 15-20 minutes 20 spiderman pushups 20 slow, control squats (keep knees behind toes, go down to 90 degrees) 20 stability ball crunches 12 each leg, lunges (add weight if needed)	0.5 6.5 Copyright © 2025 End all exercises complete i	Recovery urance United. All Rights Reserved.

OCTOBER	Focus We	ek: September 29-October 5		
		Workout	Duration (hrs.)	Focus
Week 19		Week Focus: Higher Intensity/Speed		
Monday	29-Sep		0	Recovery
		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);		
Tuesday	30-Sep	15 minute cool down	1.5	Speed
		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		
Wednesday	1-Oct	minute rest in between; 15 minute cool down	1.5	Specific Strength + Power
		Trail run w/poles; 15 minute warm up; find a ~3km loop with hills, run the		
Thursday	2 Oct	loop for 45 minutes, bounding every hill and jogging easy in between uphills; 15 minute cool down	1 25	Anaerobic Fitness
Thursday	2-000	13 minute cool down	1.23	Anaciobic ritiess
Friday	3-Oct	Bike ride easy	2	Basic Aerobic Fitness
		Skate or classic rollerski, 25 minute warm up; 3x(8 minutes Birkie Race Pace +		
Catandan	4.0-4	2 minutes 5k race pace) w/full recovery between intervals; 15 minute cool	2	A consorted Through and
Saturday Sunday		down Classic rollerski easy w/10x15 second sprints throughout the workout		Anaerobic Threshold Specific Aerobic Fitness + Speed
Weekly Total	3-000	Classic Follerski Casy W/ 10x13 Second Sprints throughout the workout	9.75	
		Workout	Duration (hrs.)	Focus
Week 20		Week Focus: Higher Intensity/Speed		
Monday	6-Oct	OFF	0	Recovery
		Classic rollerski, speed workout; same as skate workout from 10/1/19 (switch		
Tuesday	7-Oct	v1/hop-skate to striding) Skate rollerski, 25 minute warm up: 2v/9 minutes Birkie Bace Bace + 2	1.5	Speed
		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		
Wednesday	8-Oct	down	2	Anaerobic Threshold
Thursday	9-Oct	Choice aerobic workout (ski/bike/run/swim/paddle)	1.75	Basic Aerobic Fitness
		Classic rollerski, 25 minutes easy skiing, 10x1 minute FAST double pole on flat		
Friday		terrain, 25 minutes easy skiing		Speed
Saturday Sunday		Run/hike w/ski poles + bodyweight strength (below) Skate rollerski easy w/10x15 seconds sprinting at the end		Basic Aerobic Fitness + Strength Specific Aerobic Fitness + Speed
Weekly Total	12-000	Skate folierski easy w/ 10x13 seconds sprinting at the end	10.25	<u> </u>
Í		Workout	Duration (hrs.)	Focus
Week 21		Week Focus: Aerobic Volume		
Monday	13-Oct	OFF	0	Recovery
		Run/hike w/ski poles, ski walking up all hills, keep heart rate low while ski		
Tuocday	14 Oct	walking. Focus on good technique more than pace/tempo (some good	,	Pasis Aarabis Fitness
Tuesday	14-00	videos on Youtube demonstrating solid ski walking technique)		Basic Aerobic Fitness
Wednesday	15-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
vecticsday	15 000	Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole	2.3	Dasie Nerosie Filitess
Thursday	16-Oct	skiing + bodyweight strength (below)	2	Specific Aerobic Fitness + Strength
		Classic rollerski, warm up 20 minutes, 3-4x10 minutes Birkie Race Pace, full		
Friday	17-Oct	recovery between sets, cool down 15 minutes	1.5	Anaerobic Threshold
Saturday	18-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		Run/hike w/ski poles, easy		Aerobic Fitness
Weekly Total	19-00	Ruil/like W/ski poles, easy	13	
		Workout	Duration (hrs.)	Focus
Week 22		Week Focus: RECOVERY		
Monday	20-Oct		0	Recovery
Tuesday				
racsaay	21-Oct	Choice aerobic workout (run/bike/ski/paddle)		Basic Aerobic Fitness
Wednesday			1.25	Basic Aerobic Fitness Basic Aerobic Fitness + Strength
		Run, 45 minutes easy + bodyweight strength (below)	1.25 1	
Wednesday	22-Oct 23-Oct	Run, 45 minutes easy + bodyweight strength (below)	1.25 1 0	Basic Aerobic Fitness + Strength
Wednesday Thursday Friday Saturday	22-Oct 23-Oct 24-Oct 25-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end	1.25 1 0 1.25 1	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed
Wednesday Thursday Friday Saturday Sunday	22-Oct 23-Oct 24-Oct 25-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement	1.25 1 0 1.25 1 1.5	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness
Wednesday Thursday Friday Saturday	22-Oct 23-Oct 24-Oct 25-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end	1.25 1 0 1.25 1	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness
Wednesday Thursday Friday Saturday Sunday	22-Oct 23-Oct 24-Oct 25-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end	1.25 1 0 1.25 1 1.5	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness
Wednesday Thursday Friday Saturday Sunday	22-Oct 23-Oct 24-Oct 25-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end	1.25 1 0 1.25 1 1.5 6	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness
Wednesday Thursday Friday Saturday Sunday	22-Oct 23-Oct 24-Oct 25-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end	1.25 1 0 1.25 1 1.5 6	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness
Wednesday Thursday Friday Saturday Sunday	22-Oct 23-Oct 24-Oct 25-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break a	1.25 1 0 1.25 1 1.5 6 Copyright © 2025 Endo	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness urance United. All Rights Reserved.
Wednesday Thursday Friday Saturday Sunday	22-Oct 23-Oct 24-Oct 25-Oct 26-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break a Total time approximately 15-20 minutes	1.25 1 0 1.25 1 1.5 6 Copyright © 2025 Endo	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness urance United. All Rights Reserved.
Wednesday Thursday Friday Saturday Sunday	22-Oct 23-Oct 24-Oct 25-Oct 26-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break a Total time approximately 15-20 minutes 25 spiderman pushups	1.25 1 0 1.25 1 1.5 6 Copyright © 2025 Endo	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness urance United. All Rights Reserved.
Wednesday Thursday Friday Saturday Sunday	22-Oct 23-Oct 24-Oct 25-Oct 26-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break a Total time approximately 15-20 minutes 25 spiderman pushups 25 slow, control squats (keep knees behind toes, go down to 90 degrees)	1.25 1 0 1.25 1 1.5 6 Copyright © 2025 Endo	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness urance United. All Rights Reserved.
Wednesday Thursday Friday Saturday Sunday	22-Oct 23-Oct 24-Oct 25-Oct 26-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break a rotal time approximately 15-20 minutes 25 spiderman pushups 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	1.25 1 0 1.25 1 1.5 6 Copyright © 2025 Endo	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness urance United. All Rights Reserved.
Wednesday Thursday Friday Saturday Sunday	22-Oct 23-Oct 24-Oct 25-Oct 26-Oct	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break at Total time approximately 15-20 minutes 25 spiderman pushups 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 foot up and down while holding position	1.25 1 0 1.25 1 1.5 6 Copyright © 2025 Endo	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness urance United. All Rights Reserved.
Wednesday Thursday Friday Saturday Sunday	22-Oct 23-Oct 24-Oct 25-Oct 26-Oct 1 2 3	Run, 45 minutes easy + bodyweight strength (below) OFF Skate rollerski, easy with focus on one specific technique improvement Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end Choice aerobic workout (run/bike/ski/paddle) Bodyweight Strength Routine Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break a lotal time approximately 15-20 minutes 25 spiderman pushups 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	1.25 1 0 1.25 1 1.5 6 Copyright © 2025 Endo	Basic Aerobic Fitness + Strength Recovery Specific Aerobic Fitness Specific Aerobic Fitness + Speed Basic Aerobic Fitness urance United. All Rights Reserved.

		Workout	Duration (hrs.)	Focus
Veek 23		Week Focus: Anaerobic Threshold		
1onday	27-Oct	OFF	0	Recovery
		Classic rollerski, 25 minute warm up; 4x10 minutes Birkie Race Pace on		
uesday	28-Oct	rolling terrain, 20 minute cool down	2	Anaerobic Threshold
		Skate rollerski, 2x15 minutes no pole skiing, 1x10 minute(each arm) one		
Vednesday		pole skiing		Specific Aerobic Fitness
hursday	30-Oct	Run/hike, easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
riday	21 Oct	Skate rollerski, 25 minute warm up; 5x(8 minutes Birkie Race Pace + 1 minute 5k race pace); 15 minute cool down	,	Anaerobic Threshold
Saturday		Classic rollerski, easy, hilly terrain, focus on powerful kick while striding		Specific Aerobic Fitness
Sunday	-	Choice aerobic workout (ski/run/bike/paddle)		Basic Aerobic Fitness
Veekly Total	2 1101	enote detable worked (skift any skier padate)	10.5	
		Workout	Duration (hrs.)	Focus
Week 24		Week Focus: Aerobic Volume		
/londay	3-Nov		0	Recovery
		Classic rollerski, warm up 20 minutes, 4x10-12 minutes Birkie Race Pace,		,
uesday	4-Nov	full recovery between sets, cool down 15 minutes	2	Anaerobic Threshold
		Easy skate rollerski with 10x15 second sprints at the end of workout, keep		
Vednesday	5-Nov	heart rate low (think long glide with good weight transfer)	2.5	Specific Aerobic Fitness + Speed
hursday	6-Nov	Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below)	1.5	Specific Aerobic Fitness + Strength
		Classic rollerski, warm up 20 minutes, 3x10 minutes Birkie Race Pace, 3-4x2		
riday	7-Nov	minutes 5k pace, full recovery between sets, cool down 15 minutes	2	Anaerobic Threshold
		Skate rollerski 1.5 hours, classic rollerski 1.5 hours with 5x15 second sprints	_	Construction of the constr
Saturday		during each technique throughout workout		Specific Aerobic Fitness + Speed
Sunday	9-Nov	Run/hike with ski poles, easy		Basic Aerobic Fitness
Veekly Total		Washand	13.5	
Marala 25		Workout	Duration (hrs.)	Focus
Week 25	40 N	Week Focus: Recovery		
Monday	10-Nov			Recovery
uesday	_	Choice aerobic workout (run/bike/ski)		Basic Aerobic Fitness
Vednesday		Run, 45 minutes easy + bodyweight strength (below)		Basic Aerobic Fitness + Strength
hursday	13-Nov		0	Recovery
		Skate rollerski or ski, easy with focus on one specific technique		
riday	14-Nov	improvement	1	Specific Aerobic Fitness
Saturday	15-Nov	Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at	1	Specific Aerobic Fitness + Speed
Sunday		Choice aerobic workout (run/bike/ski)		Basic Aerobic Fitness
Veekly Total	10-1100	Choice detable workdat (fullyblike/ski)	5.75	
veekly lotal		Workout	Duration (hrs.)	Focus
Veek 26			Duration (ms.)	Tocus
Monday	17-Nov	Week Focus: Anaerobic Threshold	0	Recovery
honday	17-1100	Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full	0	Recovery
Tuesday	18-Nov	recovery, cool down 20 minutes	,	Anaerobic Threshold
	10 1404	, territory territory		
Vednesday	19-Nov	Easy run + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
hursday		Skate ski, easy with 10x15 sprints throughout ski		Specific Aerobic Fitness + Speed
		Skate ski, warm up 25 minutes, 3x (15 minute Birkie Race Pace + 2 minutes		·
riday	21-Nov	5k race pace) cool down 20 minutes	2.25	Anaerobic Threshold
aturday	22-Nov	Easy run + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
iunday	23-Nov	Skate or classic ski, easy, focus on one specific technique improvement	2.5	Specific Aerobic Fitness
Veekly Total			11.25	
			Copyright © 2025 End	urance United. All Rights Reserved.
		Bodyweight Strength Routine		<u> </u>
		Do 3 sets in a circuit fashion (one exercise after another, 2 minute break after	r all exercises complete	in one set)
		Total time approximately 15-20 minutes		
		20 chair dips		
	2	10 each leg, lunges		
	3	1 minute walking plank		
	3	1.5 minute wall sit with med ball russian twist		
	3	1.5 minute wall sit with med ball russian twist	RANCE UNITE	-n

DECEMBER	Focus We	ek: November 24-November 30		
		Workout	Duration (hrs.)	Focus
Week 27		Week Focus: Aerobic Volume		
Monday	24-Nov		0	Recovery
Tuesday	_	Skate ski, easy, overdistance with focus on one specific technique improvement		Specific Aerobic Fitness
Wednesday	26-Nov	Classic ski, easy, overdistance, start with 10 minutes no pole striding	2.25	Specific Aerobic Fitness
		Skate ski, easy, overdistance with 10x15 second speeds throughout workout +		
Thursday	27-Nov	bodyweight strength (below)	2	Specific Aerobic Fitness + Strength
marsaay	27 1101	Skate ski, warm up 30 minutes, 2x10 minute Birkie Race Pace with full recovery,	_	Specific recrosio recress v serengen
Friday	28-Nov	3x4 minute 5k race pace with half recovery, cool down 15 minutes	2	Anaerobic Threshold
		Classic ski easy on flat terrain, focus on strong double pole + bodyweight strength		
Saturday	29-Nov		2	Specific Aerobic Fitness
Com almost	20 No.	Classic ski, easy on hilly terrain, focus on driving the knee forward while striding,	2	Caraidia Assabia Fikasaa I Carad
Sunday Weekly Total	3U-INOV	add in 10x10 second striding sprints throughout ski	13.25	Specific Aerobic Fitness + Speed
WCCKIY IOUI		Workout	Duration (hrs.)	Focus
Week 28		Week Focus: Recovery	Daration (man)	
Monday	1-Dec		0	Recovery
Tuesday		Classic ski, easy, focus on strong double pole		Specific Aerobic Fitness
Wednesday		Skate ski, easy with 8x15 second sprints at the end		Specific Aerobic Fitness + Speed
		Skate ski, 15 minute warm up, 1x7 minute Birkie Race Pace, 4x3 minutes 5k+ race		
Thursday	4-Dec	· ·		Anaerboic Fitness Development
Friday	5-Dec			Recovery
Saturday		Ski, easy, either technique		Specific Aerobic Fitness Specific Aerobic Fitness + Strongth
Sunday Weekly Total	7-Dec	Ski, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
VVCCKIY IULAI		Workout	Duration (hrs.)	Focus
Week 29		Week Focus: Intensity/Race	(113.)	
Monday	8-Dec		0	Recovery
	2 2 2 0	Ski either technique, 15 minute warm up; 3x15 minutes Birkie Race Pace with full		·
Tuesday	9-Dec	recovery in between; 15 minute cool down	1.75	Anaerobic Threshold
Wednesday	10-Dec	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
		Birkie technique ski, 15 minute warm up, 1x7 minute Birkie Race Pace, 5x3 minutes		
Thursday		5k+ race pace, 15 minute cool down		Anaerobic Fitness Development
Friday		Classic ski, easy, focus on strong double pole		Specific Aerobic Fitness
Saturday	13-Dec	Birkie technique ski, easy with 5x10 second sprints at end of workout Birkie technique time trial; find a varying terrain 10k - 15k course, do a the warm	1.5	Specific Aerobic Fitness + Speed
		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		
Sunday	14-Dec	and race with each other!		Race Effort
Weekly Total			9.25	
	_	Workout	Duration (hrs.)	Focus
Week 30	45.0	Week Focus: Intensity/Speed	0.75	Constitution of the Consti
Monday		Classic ski, easy, with 5x10 second sprints at end		Specific Aerobic Fitness + Speed
Tuesday	16-Dec	45 minute jog + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Wednesday	17 Dos	Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, 6x2.5	1 25	Anaerobic Fitness Development
vveuriesuay	17-Dec	minutes FAST skiing with full recovery, 20 minute cool down	1.25	Anaerobic ritiless bevelopment
Thursday	18-Dec	Ski either technique, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Friday	19-Dec			Race Effort
Saturday	20-Dec		0	Recovery
Sunday		Ski either technique, very easy touring pace		Active Recovery
Weekly Total			6	
		Workout	Duration (hrs.)	Focus
Week 31		Week Focus: Aerobic Volume		
Monday	22-Dec			Recovery
Tuesday	23-Dec	AM: Classic ski, 1.5 hours w/ 45 minutes of double pole only; PM: 45 minute jog	2.25	Aerobic Fitness Development
Made and	24.5	AM: Skate ski, 2.5 hours on flatter terrain with a focus on very long glide during V2	_	Casaifia Assakia Sitasaa I Chasaakh
Wednesday	24-Dec	and V2 alternate; PM: bodyweight strength (below) AM: Skate ski, 2 hours w/3x10 minutes no pole skiing; PM: classic ski, 1 hour on	3	Specific Aerobic Fitness + Strength
Thursday	25-Dec	rolling hills to focus on powerful kick and long glide	3	
Friday		AM: Skate ski, 2 hours easy; PM: classic ski, 1.5 hours easy		Specific Aerobic Fitness
		Skate ski; 20 minute warm up; 10x45 second sprint pace, full recovery between		
Saturday		sprints; long cool down		Specific Aerobic Fitness + Speed
Sunday	28-Dec	OFF		Recovery
Weekly Total		<u> </u>	13.25	
			Convright @ 2025 5-4	urance United. All Rights Reserved.
			COPYLIGHT & ZUZO ENU	arance some a mi mgma neserveu.
		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		
		20 chair dips		
		20 squats (keep knees behind toes, go down to 90 degrees)		
		20 bird dogs (core exercise)		
		15 each side clam shells 1.5 minute crunches (core exercise)	ANDE II	
	3	- NNII	RANCE UNIT	EU
		EKDO		

JANUARY	Focus We	ek: January 5-11		
-		Workout	Duration (hrs.)	Focus
Week 32	_	Week Focus: Recovery		
Monday		Ski either technique, easy or easy jog for 45 minutes		Basic Aerobic Fitness
Tuesday	30-Dec			Recovery
Wednesday	_	Ski, easy		Aerobic Fitness
Thursday		Ski, 15 minute warm up, 8x1 minute FAST Skiing, 20 minute cool down		Speed
Friday Saturday	2-Jan	Ski, easy		Recovery Aerobic Fitness
Sunday	_	Ski, easy or easy jog for 45 minutes		Aerobic Fitness
Weekly Total	4-Jan	Ski, easy or easy jog for 45 minutes	4.75	Aerobic Fitness
Weekly Iotal		Workout	Duration (hrs.)	Focus
Week 33		Week Focus: Race Effort	Daration (mor)	. 0003
Monday	5-Jan		0	Recovery
Tuesday	-	Ski either technique, easy + bodyweight strength		Specific Aerobic Fitness + Strength
ruesuuy	0 30.1	Ski either technique, 20 minute warm up, 1x7 minute Birkie Race Pace, 5x3 minutes	213	Specific Metable Minesa - Scienger
Wednesday	7-Jan	FAST skiing with full recovery, 20 minute cool down	1.5	Anaerobic Fitness Development
Thursday		Ski either technique, easy with focus on one specific technique improvement		Specific Aerobic Fitness
Friday		Ski race technique, 5x10 second sprints at end		Race Prep
Saturday	10-Jan	RACE, or race-style workout (longer 30-35km)		Race Effort
Sunday		Classic ski, very easy touring pace	_	Active Recovery
Weekly Total	TT-1911	elassic ski, vel y easy touring pace	8	ACUTE NECOVELY
Weekly Iotal		Workout	Duration (hrs.)	Focus
Week 34		Week Focus: Aerobic Volume	Daration (ms.)	rocus
Monday	12-Jan		0	Recovery
Tuesday	_	Skate ski, easy with 3x10 minutes no pole skiing		Specific Aerobic Fitness
Wednesday	-	Classic ski, easy with 3x10 minute double pole only		Specific Aerobic Fitness Specific Aerobic Fitness
vveuriesday	14-3811	Skate ski, warm up 20 minutes, 2x5 minutes Birkie Race Pace with full recovery, 3-	1.5	Specific Aerobic Fitness
Thursday	15-Jan	4x4 minutes 5k race pace with full recovery, cool down 15 minutes	1.5	Anaerobic Fitness
		, , , , , , , , , , , , , , , , , , ,		
Friday	16-Jan	Classic ski, easy with focus on powerful stride + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
Saturday		Ski either technique, easy with focus on one specific technique improvement		Specific Aerobic Fitness
Sunday		Ski either technique, easy with 5x10 second sprints throughout ski	2	Specific Aerobic Fitness + Speed
Weekly Total			9.75	
		Workout	Duration (hrs.)	Focus
Week 35		Week Focus: Intensity/Speed		
Monday	19-Jan	OFF	0	Recovery
		Classic ski, warm up 25 minutes, 1x7 minute Birkie Race Pace, 4-6x2 minutes 5k		
Tuesday	20-Jan	race pace, cool down 15 minutes	1.5	Anaerobic Fitness
Wednesday		Ski either technique, easy + bodyweight strength (below)		Specific Aerobic Fitness + Strength
Thursday	22-Jan	Classic ski, easy with focus on powerful striding	1.5	Specific Aerobic Fitness
		Skate ski, 20 minute warm up, 10x30 seconds FAST Skiing with 30 seconds		
Friday		recovery, 20 minute cool down		Speed
Saturday	24-Jan	Ski either technique, easy with focus on one specific technique improvement	1.5	Aerobic Fitness
c 1	25.	Classic ski 1.25 hours easy, skate ski 1.25 hours easy, 5x10 second speeds during	2.5	0 10 4 11 50 00 1
Sunday	25-Jan	both techniques		Specific Aerobic Fitness + Speed
Weekly Total			9.25	
			Convright @ 2025 End	urance United. All Rights Reserved.
		Bodyweight Strength Routine	COPYLIGHT & ZUZU EHUL	arance omiteu. All nights neserveu.
		Do 3 sets in a circuit fashion (one exercise right after another, 2 minute break after a	Il exercises complete in	one set)
		Total time approximately 15-20 minutes	excreises complete III	one sec ₁
	1	15 chair dips		
		15 control squats (keep knees behind toes, go down to 90 degrees)		
		1 minute front plank with rotating hips		
		10 each side clam shells		
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		Li	IDONAINCE (INITU

Weekly Total Week 37 Week Focus: Taper/Recover Monday 2-Feb 3-Feb Ski Birkie technique, easy with 5x20 second accelerations at the end of the ski Thursday 3-Feb Ski Birkie technique, easy with 5x20 second sprints at the end of the minutes firkie Race Pace, 3-5x2 minutes Ski Birkie technique, easy with 5x20 second sprints at end 0.75 Race Prep Mid-distance race (20-25km); Good warm up and cool down before and after. 0.75 Race Prep Mid-distance race (20-25km); Good warm up and cool down before and after. 0.75 Race Ffort 0.75 Race Ffor	ness
Monday 26-Jan OFF Ski either technique, easy + bodyweight strength (below) 1.25 Specific Aerot Specific Aerot 28-Jan Ski either technique, easy + bodyweight strength (below) 1.25 Specific Aerot Specific Aerot 28-Jan Ski either technique, easy 1 Specific Aerot 29-Jan Ski either technique, easy 1 Specific Aerot 29-Jan Sk race pace, cool down 15 minutes 1.25 Anaerobic Fit Anaerobi	oic Fitness ness ery
27-Jan Ski either technique, easy + bodyweight strength (below) 28-Jan Ski either technique, easy 28-Jan Ski either technique, easy Classic ski, warm up 20 minutes, 1x5 minute Birkie Race Pace, 3-5x2 minutes 1.25 Anaerobic Fits 1.25 Anaerobic Fits 30-Jan Ski race pace, cool down 15 minutes 31-Jan Mid-distance race (20-25km); Good warm up and cool down before and after. 31-Jan Lots of recovery food/drink! 2.5 Race Effort 31-Jan Weekly Total Workout Duration (hrs.) Week Focus: Taper/Recover Alonday 2-Feb OFF 3 Recovery 3-Feb Ski Birkie technique, easy with 10x20 second accelerations at the end of the Ski Birkie technique, easy with 10x20 second accelerations at the end of the Speed Active Recovery Ski Birkie technique, easy with 10x20 second accelerations at the end of the Speed Speed Speed Active Recovery Active Recovery Ski Birkie technique, easy with 10x20 second accelerations at the end of the Speed Speed Speed Active Recovery Anaerobic Fits	oic Fitness ness ery
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unday 8-Feb Ski Birkie technique, easy with focus on one specific technique improvement 1.25 Specific Aerol	
	pic Fitness + Speed
	pic Fitness
Veekly Total 6	
Workout Duration (hrs.) Focus	
Veek 38 Week Focus: Taper	
Monday 9-Feb OFF 0 Recovery	
uesday 10-Feb Jog, easy + bodyweight strength (below) 1 Active Recove	erv
Vednesday 11-Feb Ski Birkie technique, easy with focus on one specific technique improvement 1 Specific Aerot	
hursday 12-Feb OFF 0 Recovery	sic Fichess
Ski, Birkie technique, 20 minute warm up, 1x5 minutes Birkie Race Pace, 3-	
13-Feb Sx45 seconds 5k pace, 20 minute cool down 1 Speed	
aturday 14-Feb Ski, either technique, easy 0.75 Specific Aerot	nic Fitness
unday 15-Feb Ski, either technique, easy with 5x10 second sprints throughout ski 1.25 Specific Aerot	
Uniday 13-rea 3xi, eriner technique, easy with 3x10 second sprints throughout sxi 1.23 Specific Aerot Veekly Total 5	oic Fittless + Speed
Workout Duration (hrs.) Focus	
Veek 39 Week Focus: Taper	
16-Feb OFF 0 Recovery	
uesday 17-Feb Jog, easy + bodyweight strength (below) 0.75 Taper	
Vednesday 18-Feb Ski Birkie technique, easy 0.75 Taper	
hursday 19-Feb Ski Birkie technique, easy with 5x10 second sprints at end 0.75 Taper	
riday 20-Feb OFF 0 Taper	
AMERICAN BIRKEBEINER 2026! GOOD LUCK AND	
aturday 21-Feb HAVE FUN! 3.5 Race Effort	
unday 22-Feb OFF (you deserve it) 0 Recovery	
Veekly Total 5.75	
3.10	
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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	