

# Training Periodization: Birkie 2026

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

**TOTAL TRAINING HOURS 357**



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JUNE	Focus Week: 6/16 - 6/22			
		Workout	Duration (hrs.)	Focus
Week 1		Week Focus: Basic Aerobic Fitness & Strength		
Monday	26-May	OFF	0	Recovery
Tuesday	27-May	Aerobic choice (bike/rollerski/run), easy	1	Basic Aerobic Fitness
Wednesday	28-May	Easy run/hike, preferably on trails	1.25	Basic Aerobic Fitness
Thursday	29-May	Aerobic choice (bike/rollerski/run), easy + bodyweight strength (below)	1.5	Basic Aerobic Fitness + Strength
Friday	30-May	Bike, easy, hit uphill as natural intervals	1.5	Basic Aerobic Fitness
Saturday	31-May	Easy rollerski (skate or classic)	1.5	Specific Aerobic Fitness
Sunday	1-Jun	Run/hike + bodyweight strength (below)	1.5	Basic Aerobic Fitness + Strength
Weekly Total			8.25	
		Workout	Duration (hrs.)	Focus
Week 2		Week Focus: Basic Aerobic Fitness & Strength		
Monday	2-Jun	OFF	0	Recovery
Tuesday	3-Jun	Easy run/hike	1.25	Basic Aerobic Fitness
Wednesday	4-Jun	Trail run, easy with 3x3 minutes at Birkie Race Pace, full recovery between sets	1.25	Threshold Intervals
Thursday	5-Jun	Bike, easy + bodyweight strength (below)	1.5	Basic Aerobic Fitness + Strength
Friday	6-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	7-Jun	Run/hike, preferably on trails	1.5	Basic Aerobic Fitness
Sunday	8-Jun	Rollerski (skate or classic)	1.5	Specific Aerobic Fitness
Weekly Total			8.25	
		Workout	Duration (hrs.)	Focus
Week 3		Week Focus: Basic Aerobic Fitness & Specific Strength		
Monday	9-Jun	OFF	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-Jun	Run/hike + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Thursday	12-Jun	Skate rollerski including 3x5 minutes no pole skiing	1.5	Specific Aerobic Fitness
Friday	13-Jun	Bike, easy	2	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	1.5	Basic Aerobic Fitness
Weekly Total			9	
		Workout	Duration (hrs.)	Focus
Week 4		Week Focus: Basic Aerobic Fitness, Introduce Threshold		
Monday	16-Jun	OFF	0	Recovery
Tuesday	17-Jun	Hike/run + body weight strength (below)	1.5	Basic Aerobic Fitness + Strength
Wednesday	18-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	19-Jun	Bike, easy + Bodyweight Strength (below)	2	Basic Aerobic Fitness + Strength
Friday	20-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	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	
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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)				
				
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JULY		Focus Week: July 14-20		
		Workout	Duration (hrs.)	Focus
<b>Week 5</b>		<b>Week Focus: Anaerobic Threshold</b>		
Monday	23-Jun	OFF	0	Recovery
Tuesday	24-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	25-Jun	Run/hike easy	1.25	Basic Aerobic Fitness
Thursday	26-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	27-Jun	Bike, easy +bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Saturday	28-Jun	Run/hike w/ski poles on hilly terrain, easy, using poles with good ski walking technique up hills	2	Basic Aerobic Fitness
Sunday	29-Jun	Rollerski (skate or classic) easy, focus on specific technique improvement	1.25	Specific Aerobic Fitness
<b>Weekly Total</b>			<b>9.5</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 6</b>		<b>Week Focus: RECOVERY</b>		
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	3-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	4-Jul	Easy jog 30 minutes + body weight strength (below)	1	Body Weight Strength
Saturday	5-Jul	OFF	0	Recovery
Sunday	6-Jul	Bike, easy	1.25	Basic Aerobic Fitness
<b>Weekly Total</b>			<b>7</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 7</b>		<b>Week Focus: Aerobic Volume &amp; Strength</b>		
Monday	7-Jul	OFF	0	Recovery
Tuesday	8-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	9-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	10-Jul	Rollerski, classic 45 minutes easy skiing, 45 minutes double pole only, 30 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	3	Basic Aerobic Fitness
<b>Weekly Total</b>			<b>12</b>	
		Workout	Duration (hrs.)	Focus
<b>Week 8</b>		<b>Week Focus: Anaerobic Threshold</b>		
Monday	14-Jul	OFF	0	Recovery
Tuesday	15-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	16-Jul	Easy Run	0.75	Basic Aerobic Fitness
Thursday	17-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	18-Jul	Skate rollerski, easy, focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Saturday	19-Jul	Bike, easy overdistance + bodyweight strength (below)	2.5	Basic Aerobic Fitness
Sunday	20-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>	
		Workout	Duration (hrs.)	Focus
<b>Week 9</b>		<b>Week Focus: Speed/Intensity</b>		
Monday	21-Jul	OFF	0	Recovery
Tuesday	22-Jul	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	1.5	Anaerobic Fitness
Wednesday	23-Jul	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Strength + Speed
Thursday	24-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	25-Jul	Easy run + bodyweight strength routine (below)	1.25	Basic Aerobic Fitness + Strength
Saturday	26-Jul	Skate rollerski easy 45 min, classic Rollerski easy 45 min	1.5	Specific Aerobic Fitness
Sunday	27-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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		<b>Bodyweight Strength Routine</b> 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)		
				

<b>AUGUST</b>	<b>Focus Week: August 18-24</b>			
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 10</b>		<b>Week Focus: Recovery</b>		
Monday	28-Jul	OFF	0	Recovery
Tuesday	29-Jul	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Wednesday	30-Jul	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	31-Jul	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
Friday	1-Aug	Run/hike easy w/10 x 15 second accelerations at end of workout	1	Basic Aerobic Fitness + Speed
Saturday	2-Aug	Easy bike + body weight strength (below)	1.5	Basic Aerobic Fitness + Strength
Sunday	3-Aug	Choice of aerobic exercise (bike, run, ski, paddle)	1	Basic Aerobic Fitness
<b>Weekly Total</b>			<b>7</b>	
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 11</b>		<b>Week Focus: Intensity</b>		
Monday	4-Aug	OFF	0	Recovery
Tuesday	5-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	6-Aug	Classic Rollerski, flat terrain, double pole only, w/10x15 second sprints at the end	1	Specific Strength + Speed
Thursday	7-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	8-Aug	Easy run + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Saturday	9-Aug	Skate rollerski easy 1 hour, classic rollerski easy 1 hour	2	Specific Aerobic Fitness
Sunday	10-Aug	Easy bike w/10x15 second sprints throughout workout	2.5	Basic Aerobic Fitness + Speed
<b>Weekly Total</b>			<b>10.25</b>	
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 12</b>		<b>Week Focus: Aerobic Volume &amp; Strength</b>		
Monday	11-Aug	OFF	0	Recovery
Tuesday	12-Aug	Skate rollerski easy, heavy focus on V1 technique	2	Specific Aerobic Fitness
Wednesday	13-Aug	Run/hike w/ski poles, easy, hit top of uphill at high speed for 5 seconds	1.5	Basic Aerobic Fitness + Speed
Thursday	14-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	15-Aug	Bike, easy	2	Basic Aerobic Fitness
Saturday	16-Aug	Skate rollerski, easy, focus on one specific technique improvement	2	Specific Aerobic Fitness
Sunday	17-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>	
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 13</b>		<b>Week Focus: Aerobic Volume</b>		
Monday	18-Aug	OFF	0	Recovery
Tuesday	19-Aug	Classic rollerski easy over distance w/4x15 minutes double pole and 3x5 minutes single stick	2	Specific Aerobic Fitness + Strength
Wednesday	20-Aug	Bike easy overdistance	3	Basic Aerobic Fitness
Thursday	21-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	22-Aug	Choice aerobic workout (rollerski, bike, run, paddle), easy over distance	2.5	Basic Aerobic Fitness
Saturday	23-Aug	Birkie technique rollerski, focus on one specific technique improvement, easy over distance	3	Specific Aerobic Fitness
Sunday	24-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

- 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)
- 1.5 minute russian twist (core exercise, use med ball if needed)





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<b>OCTOBER</b>		Focus Week: September 29-October 5		
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 19</b>		<b>Week Focus: Higher Intensity/Speed</b>		
Monday	29-Sep	OFF	0	Recovery
Tuesday	30-Sep	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	1-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	2-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	3-Oct	Bike ride easy	2	Basic Aerobic Fitness
Saturday	4-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	5-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>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 20</b>		<b>Week Focus: Higher Intensity/Speed</b>		
Monday	6-Oct	OFF	0	Recovery
Tuesday	7-Oct	Classic rollerski, speed workout; same as skate workout from 10/1/19 (switch v1/hop-skate to striding)	1.5	Speed
Wednesday	8-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	9-Oct	Choice aerobic workout (ski/bike/run/swim/paddle)	1.75	Basic Aerobic Fitness
Friday	10-Oct	Classic rollerski, 25 minutes easy skiing, 10x1 minute FAST double pole on flat terrain, 25 minutes easy skiing	1.25	Speed
Saturday	11-Oct	Run/hike w/ski poles + bodyweight strength (below)	2	Basic Aerobic Fitness + Strength
Sunday	12-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>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 21</b>		<b>Week Focus: Aerobic Volume</b>		
Monday	13-Oct	OFF	0	Recovery
Tuesday	14-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	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
Thursday	16-Oct	Skate rollerski, 3x10 minutes no pole skiing, 1x10 minute (each arm) one pole skiing + bodyweight strength (below)	2	Specific Aerobic Fitness + Strength
Friday	17-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	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	19-Oct	Run/hike w/ski poles, easy	2	Aerobic Fitness
<b>Weekly Total</b>			<b>13</b>	
		<b>Workout</b>	<b>Duration (hrs.)</b>	<b>Focus</b>
<b>Week 22</b>		<b>Week Focus: RECOVERY</b>		
Monday	20-Oct	OFF	0	Recovery
Tuesday	21-Oct	Choice aerobic workout (run/bike/ski/paddle)	1.25	Basic Aerobic Fitness
Wednesday	22-Oct	Run, 45 minutes easy + bodyweight strength (below)	1	Basic Aerobic Fitness + Strength
Thursday	23-Oct	OFF	0	Recovery
Friday	24-Oct	Skate rollerski, easy with focus on one specific technique improvement	1.25	Specific Aerobic Fitness
Saturday	25-Oct	Classic rollerski, 45 minutes double pole only, 10x10 second sprints at end	1	Specific Aerobic Fitness + Speed
Sunday	26-Oct	Choice aerobic workout (run/bike/ski/paddle)	1.5	Basic Aerobic Fitness
<b>Weekly Total</b>			<b>6</b>	
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		<b>Bodyweight Strength Routine</b>		
		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 27-November 2			
		Workout	Duration (hrs.)	Focus
Week 23		Week Focus: Anaerobic Threshold		
Monday	27-Oct	OFF	0	Recovery
Tuesday	28-Oct	Classic rollerski, 25 minute warm up; 4x10 minutes Birkie Race Pace on rolling terrain, 20 minute cool down	2	Anaerobic Threshold
Wednesday	29-Oct	Skate rollerski, 2x15 minutes no pole skiing, 1x10 minute(each arm) one pole skiing	1.75	Specific Aerobic Fitness
Thursday	30-Oct	Run/hike, easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Friday	31-Oct	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	1-Nov	Classic rollerski, easy, hilly terrain, focus on powerful kick while striding	1	Specific Aerobic Fitness
Sunday	2-Nov	Choice aerobic workout (ski/run/bike/paddle)	2.5	Basic Aerobic Fitness
Weekly Total			10.5	
		Workout	Duration (hrs.)	Focus
Week 24		Week Focus: Aerobic Volume		
Monday	3-Nov	OFF	0	Recovery
Tuesday	4-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	5-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	6-Nov	Skate rollerski, 2x10 minutes no pole skiing + bodyweight strength (below)	1.5	Specific Aerobic Fitness + Strength
Friday	7-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	8-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	9-Nov	Run/hike with ski poles, easy	2.5	Basic Aerobic Fitness
Weekly Total			13.5	
		Workout	Duration (hrs.)	Focus
Week 25		Week Focus: Recovery		
Monday	10-Nov	OFF	0	Recovery
Tuesday	11-Nov	Choice aerobic workout (run/bike/ski)	1	Basic Aerobic Fitness
Wednesday	12-Nov	Run, 45 minutes easy + bodyweight strength (below)	1.25	Basic Aerobic Fitness + Strength
Thursday	13-Nov	OFF	0	Recovery
Friday	14-Nov	Skate rollerski or ski, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Saturday	15-Nov	Classic rollerski or ski, 30 minutes double pole only, 10x10 second sprints at end	1	Specific Aerobic Fitness + Speed
Sunday	16-Nov	Choice aerobic workout (run/bike/ski)	1.5	Basic Aerobic Fitness
Weekly Total			5.75	
		Workout	Duration (hrs.)	Focus
Week 26		Week Focus: Anaerobic Threshold		
Monday	17-Nov	OFF	0	Recovery
Tuesday	18-Nov	Classic ski, warm up 25 minutes, 3x15 minute Birkie Race Pace, full recovery, cool down 20 minutes	2	Anaerobic Threshold
Wednesday	19-Nov	Easy run + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
Thursday	20-Nov	Skate ski, easy with 10x15 sprints throughout ski	2	Specific Aerobic Fitness + Speed
Friday	21-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	22-Nov	Easy run + bodyweight strength	1.25	Basic Aerobic Fitness + Strength
Sunday	23-Nov	Skate or classic ski, easy, focus on one specific technique improvement	2.5	Specific Aerobic Fitness
Weekly Total			11.25	
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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 20 chair dips				
2 10 each leg, lunges				
3 1 minute walking plank				
4 1.5 minute wall sit with med ball russian twist				
5 1.5 minute leg lifts (core exercise)				
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FEBRUARY		Focus Week: February 16-22		
		Workout	Duration (hrs.)	Focus
<b>Week 36</b>		<b>Week Focus: Race Prep</b>		
Monday	26-Jan	OFF	0	Recovery
Tuesday	27-Jan	Ski either technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Wednesday	28-Jan	Ski either technique, easy	1	Specific Aerobic Fitness
Thursday	29-Jan	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	30-Jan	Ski race technique, easy with 5x10 second sprints at end	0.75	Race Prep
Saturday	31-Jan	Mid-distance race (20-25km); Good warm up and cool down before and after. Lots of recovery food/drink!	2.5	Race Effort
Sunday	1-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	2-Feb	OFF	0	Recovery
Tuesday	3-Feb	Ski Birkie technique, easy + bodyweight strength (below)	1.25	Specific Aerobic Fitness + Strength
Wednesday	4-Feb	Ski Birkie technique, easy with 10x20 second accelerations at the end of the ski	1	Speed
Thursday	5-Feb	OFF or 30 minute shake out jog	0.5	Active Recovery
Friday	6-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	7-Feb	Ski Birkie technique, easy with 5x10 second sprints throughout ski	1	Specific Aerobic Fitness + Speed
Sunday	8-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	9-Feb	OFF	0	Recovery
Tuesday	10-Feb	Jog, easy + bodyweight strength (below)	1	Active Recovery
Wednesday	11-Feb	Ski Birkie technique, easy with focus on one specific technique improvement	1	Specific Aerobic Fitness
Thursday	12-Feb	OFF	0	Recovery
Friday	13-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	14-Feb	Ski, either technique, easy	0.75	Specific Aerobic Fitness
Sunday	15-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	16-Feb	OFF	0	Recovery
Tuesday	17-Feb	Jog, easy + bodyweight strength (below)	0.75	Taper
Wednesday	18-Feb	Ski Birkie technique, easy	0.75	Taper
Thursday	19-Feb	Ski Birkie technique, easy with 5x10 second sprints at end	0.75	Taper
Friday	20-Feb	OFF	0	Taper
Saturday	21-Feb	AMERICAN BIRKEBEINER 2026! GOOD LUCK AND HAVE FUN!	3.5	Race Effort
Sunday	22-Feb	OFF (you deserve it...)	0	Recovery
<b>Weekly Total</b>			<b>5.75</b>	
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		<b>Bodyweight Strength Routine</b>		
		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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