

Period 1	Week Sample	Preparatory Season						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Resistance Training			General			AM: General	
	Distance Training	Level 1	Level 1	Level 1	Level 1		PM: Level 1	Level 1
	Intensity & Speed Training	Level 5	Level 3		PM: Level 4			

Period 1	Week 1, April 28	Preparatory Season						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	Warm Up & Cool Down	0:00	0:00	0:48	0:00	0:00	0:48	0:00
	Stady	Restoration	Restoration	Run	Restoration	Restoration	Restoration	Restoration
	General Strength	0:00	0:00	0:40	0:00	0:00	0:40	0:00
	Station	Restoration	Restoration	15X80secX60sec recX2	Restoration	Restoration	15X80secX60sec recX2	Restoration
	Specific Strength	0:00	0:00	0:11	0:00	0:00	0:11	0:00
	Spent	Restoration	Restoration	11X60secX60sec rec	Restoration	Restoration	11X60secX60sec rec	Restoration
Metabolic	Distance Training	0:46	0:46	0:00	0:46	0:00	0:46	2:26
	Stady	Rollerski Classic	Run	Restoration	Rollerski Classic	Restoration	Rollerski Skate	Bike
	Intensity & Speed Training	0:02	0:22	0:00	0:12	0:00	0:00	0:00
	Intervals	8X15secX90sec rec	4X5:45minX130bpm	Restoration	4X3minX120bpm	Restoration	Restoration	Restoration
	Location	Badger Prairie Park	Blackhawk Ski Club	Blackhawk Ski Club	Badger Prairie Park			
Time	5:30PM - 7:00PM	5:30PM - 7:00PM	5:30PM - 7:00PM	5:30PM - 7:00PM				

Period 1	Week 2, May 5	Preparatory Season						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	Warm Up & Cool Down	0:00	0:00	0:36	0:00	0:00	0:36	0:00
	Stady	Restoration	Restoration	Run	Restoration	Restoration	Restoration	Restoration
	General Strength	0:00	0:00	0:30	0:00	0:00	0:30	0:00
	Station	Restoration	Restoration	15X60secX60sec recX2	Restoration	Restoration	15X60secX60sec recX2	Restoration
	Specific Strength	0:00	0:00	0:08	0:00	0:00	0:08	0:00
	Spent	Restoration	Restoration	10X50secX60sec rec	Restoration	Restoration	10X50secX60sec rec	Restoration
Metabolic	Distance Training	0:34	0:34	0:00	0:34	0:00	0:34	1:49
	Stady	Rollerski Skate	Run	Restoration	Rollerski Skate	Restoration	Rollerski Classic	Bike
	Intensity & Speed Training	0:01	0:17	0:00	0:09	0:00	0:00	0:00
	Intervals	6X10secX90sec rec	3X5:40minX130bpm	Restoration	3X3minX120bpm	Restoration	Restoration	Restoration
	Location	Badger Prairie Park	Blackhawk Ski Club	Blackhawk Ski Club	Badger Prairie Park			
Time	5:30PM - 7:00PM	5:30PM - 7:00PM	5:30PM - 7:00PM	5:30PM - 7:00PM				

Period 1	Week 4, May 12	Preparatory Season						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	Warm Up & Cool Down	0:00	0:00	0:55	0:00	0:00	0:55	0:00
	Stady	Restoration	Restoration	Run	Restoration	Restoration	Restoration	Restoration
	General Strength	0:00	0:00	0:45	0:00	0:00	0:45	0:00
	Station	Restoration	Restoration	15X90secX60sec recX2	Restoration	Restoration	15X90secX60sec recX2	Restoration
	Specific Strength	0:00	0:00	0:13	0:00	0:00	0:13	0:00
	Spent	Restoration	Restoration	12X65secX60sec rec	Restoration	Restoration	12X65secX60sec rec	Restoration
Metabolic	Distance Training	0:52	0:52	0:00	0:52	0:00	0:52	2:47
	Stady	Rollerski Classic	Run	Restoration	Rollerski Classic	Restoration	Rollerski Skate	Bike
	Intensity & Speed Training	0:02	0:25	0:00	0:14	0:00	0:00	0:00
	Intervals	8X15secX90sec rec	5X5minX130bpm	Restoration	5X2:50minX120bpm	Restoration	Restoration	Restoration
	Location	Badger Prairie Park	Blackhawk Ski Club	Blackhawk Ski Club	Badger Prairie Park			
Time	5:30PM - 7:00PM	5:30PM - 7:00PM	5:30PM - 7:00PM	5:30PM - 7:00PM				

Period 1	Week 4, May 19	Preparatory Season						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	Warm Up & Cool Down	0:00	0:00	0:33	0:00	0:00	0:33	0:00
	Stady	Restoration	Restoration	Run	Restoration	Restoration	Restoration	Restoration
	General Strength	0:00	0:00	0:27	0:00	0:00	0:27	0:00
	Station	Restoration	Restoration	15X55secX60sec recX2	Restoration	Restoration	15X55secX60sec recX2	Restoration
	Specific Strength	0:00	0:00	0:07	0:00	0:00	0:07	0:00
	Spent	Restoration	Restoration	9X52secX60sec rec	Restoration	Restoration	9X52secX60sec rec	Restoration
Metabolic	Distance Training	0:31	0:31	0:00	0:31	0:00	0:31	1:39
	Stady	Rollerski Skate	Run	Restoration	Rollerski Skate	Restoration	Rollerski Classic	Bike
	Intensity & Speed Training	0:01	0:15	0:00	0:08	0:00	0:00	0:00
	Intervals	6X10secX90sec rec	3X5minX130bpm	Restoration	4X2minX120bpm	Restoration	Restoration	Restoration
	Location	Badger Prairie Park	Blackhawk Ski Club	Blackhawk Ski Club	Badger Prairie Park			
Time	5:30PM - 7:00PM	5:30PM - 7:00PM	5:30PM - 7:00PM	5:30PM - 7:00PM				