



Week 2 2-Jun-08		Preparatory Season																																		
		Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
AM	Resistance Training	General 0:45:31					General 0:45:31					General 0:45:31					General 0:45:31					Specific 0:18:13														
	Distance Training	0:00:32					0:00:32					0:00:32					0:00:32					0:03:00														
	Intensity & Speed Training	0:02:00					0:02:00					0:02:00					0:02:00					0:02:00														
		Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time
							M	18	0:00:32	1	0:02:00						M	18	0:00:32	1	0:02:00						M	6	0:03:00	1	0:02:00					
		0:25:33					0:25:33					0:25:33					0:25:33					Specific RSCL 0:55:59														
		Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time
PM	Resistance Training																																			
	Distance Training	Specific RSCL 0:55:59					General 0:25:33					General 0:25:33					General 0:25:33					Specific RSSK 0:55:59					General 1:42:12									
	Intensity & Speed Training	Speed Intervals 0:04:07					Speed Intervals 0:04:07					Speed Intervals 0:04:07					Max VO2 Intervals 0:18:10					Max VO2 Intervals 0:18:10					AT Intervals 0:24:08									
		Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time
							5	16	0:00:15	1	0:01:30						4	9	0:02:00	1	120 bpm						3	2	0:12:04	1	130 bpm					
Day Total	Resistance Training	0:00:00					0:45:31					0:00:00					0:45:31					0:00:00					0:18:13					0:00:00				
	Distance Training	0:00:00					1:21:32					0:25:33					0:51:06					0:00:00					1:51:58					1:42:12				
	Intensity & Speed Training	0:00:00					0:04:07					0:00:00					0:18:10					0:00:00					0:24:08					0:00:00				



Week 4 16-Jun-08		Preparatory Season																																							
		Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday									
AM	Resistance Training	General 0:41:23					General 0:41:23					General 0:41:23					General 0:41:23					Specific 0:16:34																			
		Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time					
							M	18	0:00:46	3	0:02:00						M	18	0:00:46	3	0:02:00						M	6	0:03:00	1	0:02:00										
	Distance Training	General 0:23:14										General 0:23:14										Specific RSCL 0:50:54																			
	Intensity & Speed Training	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time
PM	Resistance Training																																								
		Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time	Intensity	# of Exer	Rep Time	Set	Rest Time					
	Distance Training	Specific RSCL 0:50:54					General 0:23:14					General 0:23:14										Specific RSSK 0:50:54					General 1:32:54														
	Intensity & Speed Training	Speed Intervals 0:03:45										Max VO2 Intervals 0:16:31										AT Intervals 0:21:56																			
		Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time	Intensity	Rep	Rep Time	Set	Rest Time					
							5	15	0:00:15	1	0:01:30						4	8	0:02:00	1	120 bpm						3	2	0:10:58	1	130 bpm										
Day Total	Resistance Training	0:00:00					0:41:23					0:00:00					0:41:23					0:00:00					0:16:34					0:00:00									
	Distance Training	0:00:00					1:14:07					0:23:14					0:46:27					0:00:00					1:41:48					1:32:54									
	Intensity & Speed Training	0:00:00					0:03:45					0:00:00					0:16:31					0:00:00					0:21:56					0:00:00									

## Strength Program 2

### **WARM-UP**

10 min jog

5 min jump rope

### **CORE STRENGTH - COORDINATION & ISOMETRIC BRACING**

Front Brace (lift each leg for 20 sec)

Side Brace on one leg (right)

Side Brace on one leg (left)

Back Brace (lift and straighten each leg for 20 sec)

SuperMan on Stomach Brace w/ weight in hand

### **CORE STRENGTH**

Sit-ups w/ med ball throws

Back Extensions w/ weight

Russian Twists w/ weight

Prone Plank Knee Extension (Physioball)

Supine Knee Curl (Physioball)

### **LOWER BODY**

Squats

Lunges

Calf Raises

Toe Raises

### **UPPER BODY**

Dumbbell Shoulder Press

Bench Press

Dips

Overhead Tricep Curls

## Strength Training

Tuesday				
General				
0:57:56				
Intensity	# of Exer	Rep Time	Set	Rest Time
M	18	0:01:13	1	0:02:00
General				
0:32:31				
Intensity	Rep	Rep Time	Set	Rest Time

Total time of strength session including rest time

Intensity - Level of intensity exercises should be performed (L - low; M - medium; H - high)

# of Exercises - Total number of strength exercises (list of exercises can be found under Period Strength tab)

Repetition Time - Duration of exercise should be performed

Set - Number of sets in the workout

Rest Time - time of rest between each exercise or set

Total time of warm up and cool down completed at the Intensity Level 1. Warm up usually takes 2/3 of the total time and cool down 1/3. For instance, if total time for warm up and cool down is 30 min, warm up will be 20 min and cool down 10 min.

## Interval Training

Intensity	# of Exer	Rep Time	Set	Rest Time
Specific				
0:55:59				
Speed Intervals				
0:04:07				
Intensity	Rep	Rep Time	Set	Rest Time
5	16	0:00:15	1	0:01:30

Total time of warm up and cool down completed at the Intensity Level 1. Warm up usually takes 2/3 of the total time and cool down 1/3. For instance, if total time for warm up and cool down is 30 min, warm up will be 20 min and cool down 10 min.

Total time of intensity session not including rest time

Intensity - Level of intensity intervals should be performed (5 - Speed, 4 - Level 4, 3 - Level 3)

Repetitions - Total number of intervals

Repetition Time - Duration of each interval should be performed

Set - Number of sets in the workout

Rest Time - time of rest between each exercise or set or heart rate number you need to get before performing next interval

## Abbreviations and Terminology

RSSK - Rollerski Skate

RSCL - Rollerski Classic

General Strength - Non ski specific strength (push ups, pull ups, sit ups, etc)

Specific Strength - Ski specific strength (single pole, double pole crunch, free skate, plyometrics, etc)

Speed Intervals - Level 5 maximum effort intervals no longer than 15 seconds.

Max VO2 Intervals - Level 4 intervals targeted to develop maximum VO2 capacity no longer than 3 min

AT Intervals - Level 3 intervals targeted to develop efficiency at the anaerobic threshold (AT) or lactad threshold no shorter than 5 min

Distance Training - Level 1 very easy activity targeted to develop aerobic capacity

General Distance Training - Run, bike, swim etc

Specific Distance Training - rollerski, ski, ski bounding.