

Monday	Active Rest	Week 1	Week 2	Week 3	Week 3
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Tuesday		Week 1	Week 2	Week 3	Week 3
AM	General Strength				
	Warm Up (Level 1)	0:16:48	0:13:12	0:18:00	0:12:00
	Strength	0:54:54	0:43:08	0:58:50	0:39:13
	Sets	3	2	4	3
	% of 1 RM	50%	45%	55%	40%
	Reps	6	7	6	7
	Recovery (Time)	0:03:00	0:04:00	0:03:00	0:04:00
	Cool Down (Level 1)	0:16:48	0:13:12	0:18:00	0:12:00
	Workout Time Total	1:28:30	1:09:32	1:34:49	1:03:13
PM	Specific Speed Intervals	Week 1	Week 2	Week 3	Week 3
	Warm Up (Level 1)	0:24:10	0:18:59	0:25:54	0:17:16
	Speed Intervals (Level 5)	0:08:13	0:06:27	0:08:48	0:05:52
	Intervals Time	0:00:15	0:00:15	0:00:15	0:00:15
	Number of Intervals	33	26	35	23
	Recovery (Time)	0:01:30	0:01:30	0:01:30	0:01:30
	Cool Down (Level 1)	0:24:10	0:18:59	0:25:54	0:17:16
	Workout Time Total	1:45:49	1:23:08	1:53:22	1:15:35

Power-Velocity Development. Light resistance, explosive motion, high cadence. Note: RM - repetition maximum. The largest mass athlete can lift is 1 RM. For exmple, if athlete lifts a mass of 80lb 10 times before exhaustion; therefore, 80lb is identified as the athlete's 10 RM for particular body movement.

Note: first 5-7 intervals frocus on technique. Movments must be snappy and explosive. Other intervals alternate high cadence with snappy power application.

Wednesday		Week 1	Week 2	Week 3	Week 3
AM	Rest				
PM	General Distance Level 1	1:40:47	1:19:11	1:47:59	1:11:59

Use bike if you feel tired

Thursday		Week 1	Week 2	Week 3	Week 3
AM	General Strength				
	Warm Up (Level 1)	0:16:48	0:13:12	0:18:00	0:12:00
	Strength	0:54:54	0:43:08	0:58:50	0:39:13
	Sets	3	2	4	3
	% of 1 RM	50%	45%	55%	40%
	Reps	6	7	6	7
	Recovery (Time)	0:03:00	0:04:00	0:03:00	0:04:00
	Cool Down (Level 1)	0:16:48	0:18:59	0:25:54	0:17:16
	Workout Time Total	1:28:30	1:15:20	1:42:43	1:08:29
PM	General Max VO2 Intervals	Week 1	Week 2	Week 3	Week 3
	Warm Up (Level 1)	0:16:48	0:13:12	0:18:00	0:12:00
	Max VO2 Intervals (Level 4)	0:34:38	0:27:13	0:37:06	0:24:44
	Intervals Time	0:04:20	0:03:53	0:04:38	0:03:32
	Number of Intervals	8	7	8	7
	Recovery (HR)	113	113	113	113
	Cool Down (Level 1)	0:16:48	0:13:12	0:18:00	0:12:00
	Workout Time Total	1:08:13	0:53:36	1:13:06	0:48:44

Power-Velocity Development. Light resistance, explosive motion, high cadence. Note: RM - repetition maximum. The largest mass athlete can lift is 1 RM. For exmple, if athlete lifts a mass of 80lb 10 times before exhaustion; therefore, 80lb is identified as the athlete's 10 RM for particular body movement.

Note: perform workout by using hill bounding. Stay light and explosive

Friday	Active Rest	Week 1	Week 2	Week 3	Week 3
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Saturday		Week 1	Week 2	Week 3	Week 3
AM	Specific Strength				
	Warm Up (Level 1)	0:24:10	0:18:59	0:25:54	0:17:16
	Strength	0:35:42	0:28:03	0:38:15	0:25:30
	Interval Time	0:02:23	0:01:52	0:02:33	0:01:42
	Number of Intervals	15	13	17	15
	Recovery (Time)	0:02:00	0:02:00	0:02:00	0:02:00
	Cool Down (Level 1)	0:24:10	0:18:59	0:25:54	0:17:16
	Workout Time Total	1:24:02	1:06:02	1:30:02	1:00:02
PM	Specific AT Intervals	Week 1	Week 2	Week 3	Week 3
	Warm Up (Level 1)	0:24:10	0:18:59	0:25:54	0:17:16
	AT Intervals (Level 3)	0:34:03	0:26:46	0:36:29	0:24:20
	Intervals Time	0:08:31	0:08:55	0:07:18	0:08:07
	Number of Intervals	4	3	5	3
	Recovery (HR)	123	123	123	123
	Cool Down (Level 1)	0:24:10	0:18:59	0:25:54	0:17:16
	Workout Time Total	1:22:24	1:04:44	1:28:17	0:58:51

Note: focus on perfect form and technqjue when you perform specific strength. Find gradual uphill with the grade that you can handle. 1/3 intervals - double pole crunch, 1/3 intervals - single stick and 1/3 intervals double pole

Note: Perform this workout on the rolling terrain.

Sunday		Week 1	Week 2	Week 3	Week 3
AM	Rest				
PM	Specific Over Distance (Level 1)	2:25:01	1:53:56	2:35:22	1:43:35

Note: Alternate classic and skate every other week

Period Totals		Week 1	Week 2	Week 3	Week 3
		12:43:16	10:05:30	13:45:41	9:10:27