

Monday	Active Rest	Week 1	Week 2	Week 3	Week 4
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Tuesday		Week 1	Week 2	Week 3	Week 4
AM	General Strength				
	Warm Up (Level 1)	0:29:45	0:23:22	0:31:52	0:21:15
	Strength	0:44:13	0:34:44	0:47:22	0:31:35
	Sets	3	2	3	2
	% of 1 RM	50%	45%	80%	85%
	Reps	6	7	10 to 14	8 to 12
	Recovery (Time)	0:03:00	0:02:00	0:04:00	0:03:00
	Cool Down (Level 1)	0:29:45	0:23:22	0:31:52	0:21:15
	Workout Time Total	1:43:42	1:21:29	1:51:07	1:14:05
PM	Specific Speed Intervals	Week 1	Week 2	Week 3	Week 4
	Warm Up (Level 1)	0:35:38	0:28:00	0:38:11	0:25:27
	Speed Intervals (Level 5)	0:04:55	0:03:52	0:05:16	0:03:31
	Intervals Time	0:00:15	0:00:15	0:00:15	0:00:15
	Number of Intervals	14	9	15	8
	Recovery (Time)	0:01:30	0:01:30	0:01:30	0:01:30
	Cool Down (Level 1)	0:17:49	0:14:00	0:19:06	0:12:44
	Workout Time Total	1:18:52	1:00:02	1:25:09	0:53:46

First two weeks is Power-Velocity Development and second two weeks is Max Power Development. Note: RM - repetition maximum. The largest mass athlete can lift is 1 RM.

Note: first 3-5 intervals focus on technique. Movements must be snappy and explosive. Other intervals alternate high cadence with snappy power application.

Wednesday		Week 1	Week 2	Week 3	Week 4
AM	Rest				
PM	General Distance Level 1	0:59:30	0:46:45	1:03:45	0:42:30

Use bike if you feel tired

Thursday		Week 1	Week 2	Week 3	Week 4
AM	General Strength				
	Warm Up (Level 1)	0:29:45	0:23:22	0:31:52	0:21:15
	Strength	0:44:13	0:34:44	0:47:22	0:31:35
	Sets	3	2	3	2
	% of 1 RM	50%	45%	80%	85%
	Reps	6	7	10 to 14	8 to 12
	Recovery (Time)	0:03:00	0:02:00	0:04:00	0:03:00
	Cool Down (Level 1)	0:29:45	0:23:22	0:31:52	0:21:15
	Workout Time Total	1:43:42	1:21:29	1:51:07	1:14:05
PM	Specific Max VO2 Intervals	Week 1	Week 2	Week 3	Week 4
	Warm Up (Level 1)	0:35:38	0:28:00	0:38:11	0:25:27
	Max VO2 Intervals (Level 4)	0:24:58	0:19:37	0:26:45	0:17:50
	Intervals Time	0:03:07	0:02:48	0:03:21	0:02:33
	Number of Intervals	8	7	8	7
	Recovery (HR)	AeT-10	AeT-10	AeT-10	AeT-10
	Cool Down (Level 1)	0:17:49	0:14:00	0:19:06	0:12:44
	Workout Time Total	1:18:25	1:01:37	1:24:01	0:56:01

First two weeks is Power-Velocity Development and second two weeks is Max Power Development. Note: RM - repetition maximum. The largest mass athlete can lift is 1 RM.

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

Friday	Active Rest	Week 1	Week 2	Week 3	Week 4
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Saturday		Week 1	Week 2	Week 3	Week 4
AM	Specific Strength				
	Warm Up (Level 1)	0:35:38	0:28:00	0:38:11	0:25:27
	Strength	0:24:35	0:19:19	0:26:20	0:17:33
	Interval Time	0:01:38	0:01:17	0:01:45	0:01:10
	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)	0:17:49	0:14:00	0:19:06	0:12:44
	Workout Time Total	1:18:02	1:01:19	1:23:37	0:55:44
PM	Specific AT Intervals	Week 1	Week 2	Week 3	Week 4
	Warm Up (Level 1)	0:35:38	0:28:00	0:38:11	0:25:27
	AT Intervals (Level 3)	0:31:55	0:25:05	0:34:12	0:22:48
	Intervals Time	0:07:59	0:08:22	0:06:50	0:05:42
	Number of Intervals	4	3	5	4
	Recovery (HR)	AeT	AeT	AeT	AeT
	Cool Down (Level 1)	0:17:49	0:14:00	0:19:06	0:12:44
	Workout Time Total	1:25:23	1:07:05	1:31:29	1:00:59

Note: focus on perfect form and technique 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 and focus on good form during technique transitions

Sunday		Week 1	Week 2	Week 3	Week 4
AM	Rest				
PM	Specific Over Distance (Level 1)	2:22:33	1:52:00	2:32:44	1:41:49

Note: Alternate classic and skate every other week. 2/3 way through add 3x30sec Level 5 speed with 1.5 min recovery

Period Totals		Week 1	Week 2	Week 3	Week 4
		12:10:10	9:31:47	13:02:58	8:38:59