

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)	0:29:25	0:23:07	0:31:31	0:21:00
	Strength	0:48:47	0:38:20	0:52:16	0:34:51
	Sets	3	2	3	2
	% of 1 RM	50%	45%	50%	45%
	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)	0:29:25	0:23:07	0:31:31	0:21:00
	Workout Time Total	1:47:37	1:24:33	1:55:18	1:16:52
PM	Specific Speed Intervals	Week 1	Week 2	Week 3	Week 4
	Warm Up (Level 1)	0:37:33	0:29:31	0:40:14	0:26:50
	Speed Intervals (Level 5)	0:07:03	0:05:33	0:07:34	0:05:02
	Intervals Time	0:00:15	0:00:15	0:00:15	0:00:15
	Number of Intervals	22	16	24	14
	Recovery (Time)	0:01:30	0:01:30	0:01:30	0:01:30
	Cool Down (Level 1)	0:18:47	0:14:45	0:20:07	0:13:25
	Workout Time Total	1:36:44	1:14:04	1:44:17	1:06:31

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	0:58:49	0:46:13	1:03:01	0:42:01

Use bike if you feel tired

Thursday		Week 1	Week 2	Week 3	Week 4
AM	General Strength				
	Warm Up (Level 1)	0:29:25	0:23:07	0:31:31	0:21:00
	Strength	0:48:47	0:38:20	0:52:16	0:34:51
	Sets	3	2	3	2
	% of 1 RM	50%	45%	50%	45%
	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)	0:29:25	0:23:07	0:31:31	0:21:00
	Workout Time Total	1:47:37	1:24:33	1:55:18	1:16:52
PM	Specific Max VO2 Intervals	Week 1	Week 2	Week 3	Week 4
	Warm Up (Level 1)	0:37:33	0:29:31	0:40:14	0:26:50
	Max VO2 Intervals (Level 4)	0:35:41	0:28:02	0:38:14	0:25:29
	Intervals Time	0:04:28	0:04:00	0:04:47	0:03:38
	Number of Intervals	8	7	8	7
	Recovery (HR)	AeT-10	AeT-10	AeT-10	AeT-10
	Cool Down (Level 1)	0:18:47	0:14:45	0:20:07	0:13:25
	Workout Time Total	1:32:01	1:12:18	1:38:35	1:05:44

Note: RM - repetition maximum. The largest mass athlete can lift is 1 RM.

Note: perform workout by using 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)	0:37:33	0:29:31	0:40:14	0:26:50
	Strength	0:30:22	0:23:52	0:32:33	0:21:42
	Interval Time	0:02:01	0:01:35	0:02:10	0:01:27
	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)	0:18:47	0:14:45	0:20:07	0:13:25
	Workout Time Total	1:26:43	1:08:08	1:32:54	1:01:56
PM	Specific AT Intervals	Week 1	Week 2	Week 3	Week 4
	Warm Up (Level 1)	0:37:33	0:29:31	0:40:14	0:26:50
	AT Intervals (Level 3)	0:24:24	0:19:10	0:26:08	0:17:25
	Intervals Time	0:06:06	0:06:23	0:05:14	0:04:21
	Number of Intervals	4	3	5	4
	Recovery (HR)	AeT	AeT	AeT	AeT
	Cool Down (Level 1)	0:18:47	0:14:45	0:20:07	0:13:25
	Workout Time Total	1:20:44	1:03:26	1:26:30	0:57:40

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)	2:30:14	1:58:02	2:40:57	1:47:18

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
		13:00:27	10:11:17	13:56:50	9:14:54