

Training	Summer/Dryland Examples						
Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
#1	Strength Training at Athletic EDG 7:00 to 8:00	Technique: Running Warm-Up - Include Mobility and Activation Routine Speed/Spent - 10 x 8s Z5/52s Z1 Intensity: Running - 3-6 x 5min (Ski Striding @Z4) w/2min R	XC- On Your Own 1.0 to 1.5 hrs run or Roller Ski (This is Z1 , which means "conversation" pace)	Warm-Up - Includes Mobility and Activation Coach Driven Strength, technique, and mobility Technique: Running (on foot) - Combination run and circuit strength training	Recovery Day Easy run/walk/ski, some core, and light stretching.	Technique: CL RS) Warm-Up - Mobility and Activation CL RS Intensity Speed/Spent - 10 x 8s Z5/52s Z1 on RS 2-4 x 9min DP/DS @Z4 20min Core Routine	LSD 1.5 to 2 to hrs
#2	Strength Training at Athletic EDG 7:00 to 8:00	Technique: On Foot (running) Warm-Up - Include Mobility and Activation 2-3 x 8min (30s Z4/30s z1 x8) w/2min R 20min Core Routine	XC- On Your Own 1.0 to 1.5 hrs run or Roller Ski (This is Z1 , which means "conversation" pace)	Warm-Up - Includes Mobility and Activation Strength, technique, and mobility Technique: Roller Skiing - SKATE Combination: drills, coordination, and balance	Recovery Day Easy run/walk/ski, some core, and light stretching.	Training: 3km Test Run (Run starts at 9:30 - @ 30s intervals) Strength Test (For 60s) Pushups Body Saw Sky Jumps TRX Pull UPs Single-Leg Ups Dips	LSD 2 to 2.5 to hrs
Training	Winter/On-Snow Examples						
Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
#1	Active Rest - Complete Day off or up to 1hr recovery ski	Technique: Skate Skiing Warm-Up - Include Mobility and Activation 2-4 x 10min (Steady State Z4) w/2min R 20min Core Routine	XC- On Your Own 1.0 to 1.5 hrs run or Roller Ski (This is Z1 , which means "conversation" pace)	Warm-Up - Includes Mobility and Activation Strength, technique, and mobility Technique: SKATE Combination: drills, coordination, and balance	Recovery Day Easy run/walk/ski, some core, and light stretching.	Warm-Up - Includes Mobility and Activation Sprint Simulation: Technique: Classic - 10x8s w/52s R Starts 1.2 km Prologue 3 x 1.2km 2-up "race sim" w/6 min R	LSD 2 to 2.5 to hrs
#2	Active Rest - Complete Day off or up to 1hr recovery ski	Technique: Classic Skiing Warm-Up - Include Mobility and Activation 2-3 x 8min (Start off at high Z4 (30s) then settle into high Z3 for 3min then Z4 for 4min, finally Z5 for 30s) w/2min R 20min Core Routine	XC- On Your Own 1.0 to 1.5 hrs run or Roller Ski (This is Z1 , which means "conversation" pace)	No Training - pack and get ready for the AB Cup races on the weekend. 30min of running and activation exercises may be in order if time permits.	Leave Friday morning at 8:00 am and will be staying the RMSL in Canmore) . We will pre-ski the course at 2:00 pm	AB Cup Canmore Classic Sprints Saturday	AB Cup Canmore Skate Mass Start Sunday