MAY:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 60 min bike • Strength and core	• 3x10 minute zone 3 intervals	• 50min swim • Strength and core	• 20 min tempo run	• 45 min run. Add 3-5 30 second pickups during run. • Strength and core	Rest.	• 75min easy run with 3-4 strides at the end • Core

JUNE:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 50 minute rollerski with focus on technique • Strength and core	• 2x15 minute zone 3 intervals	• 60minute bike with several pickups during ride • Strength and core	• 26 minute fartlek run	• 50 min easy run • Strength and core	Rest.	• 105min easy run with 3-4 strides at the end • Core

JULY:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 60min rollerski with focus on technique • Strength and core	• 30 minute tempo run	• 55 minute swim • Strength and core	• 35 minute easy rollerski with 2-5 reps of 30 second bursts at high speed (focus on good technique at high speeds).	• 50 minute easy run • Strength and core	Rest.	• 120 min easy run with 3-4 strides at the end • Core

AUGUST:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 70 minute easy rollerski with focus on technique • Strength and core	• 5 x 3minute ski striding intervals uphill at race pace with 2 minute rest in between.	• 65 minute ski walk • Strength and core	• 3x10 minute running intervals in zone 3.	• 60 minute easy rollerski. • Strength and core	Rest.	• 135 minute easy run with 3-4 strides at the end • Core

SEPTEMBER:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 55 minute easy run • Strength and Core	• 7-10x 90 second ski stride intervals in zone 4 pace. Try to include uphills.	• 60 minute easy rollerski • Strength and core	• 4x 7minute rollerski intervals in zone 3. Try to use rolling terrain, include natural uphills.	• 70 minute easy run/ski walk • Strength and core	Rest.	• 2hr, 45 minute easy rollerski with focus on technique • Core

OCTOBER:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 65 minute easy run • Strength and Core	• 3x4 minute ski bounding intervals uphill with 3 minute recovery	• 70 minute easy rollerski • Strength and core	• 3x 9minute rollerski intervals in zone 3. Include sprints in the warmup (ex. 6-12x 10 seconds)	• 75 minute easy run/ ski walk • Strength and core	Rest.	• 3 hour easy rollerski with focus on technique • Core

NOVEMBER:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 70 min easy run • Strength and Core	• 5x 2 minute ski stride intervals in zone 4	• 75 minute easy rollerski • Add 10x less than 10 second sprints afterwards • Strength and Core	• 4x 5minutes rollerski intervals in zone 3	• 80 minute easy run/ski walk • Strength and core	Rest.	• 3 hour easy rollerski with focus on technique • Add 10x less than 10 second sprints afterwards • Core

DECEMBER *(Assuming no snow):*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 50 min easy run • Strength and Core	• 5x 3minute ski stride intervals in zone 4	• 60 minute easy rollerski • Add 10x less than 10 second sprints afterwards • Strength and Core	• 2x 15 minute rollerski intervals in zone 3	• 70 minute easy run/ski walk • Strength and core	Rest.	• 2 hour easy ski (or rollerski) • Core

JANUARY:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 2 hour easy ski • Core	• Rest	• 70 minute easy ski • Strength and core	• 3x5 minutes ski intervals in zone 3	• 55 minute easy ski • Light strength and core	• 4x30 seconds in zone 4 with long warm-up and cool down	• Race

FEBRUARY:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 1hr 45 min easy ski	• Rest	• 65 minute easy ski • Strength and core	• 3x6 minutes ski intervals in zone 3	• 50 minute easy ski • Light strength and core	• 6x20seconds in zone 4 with longer warm up and cool down	• Race

MARCH:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 90 minute easy ski	• Rest	• 70 minute easy ski • Strength and core	• Pick your favourite (longer zone 3) workout	• 55 minute easy ski • Strength and Core	• Pick your favourite shorter/sprint workout	• Race

APRIL:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 30 minute run/hike • Core	• 60 minute swim	• 45 minute bike • Core	• Rest	• 40 minute run/hike	• 60 minute bike • Core	• Rest