



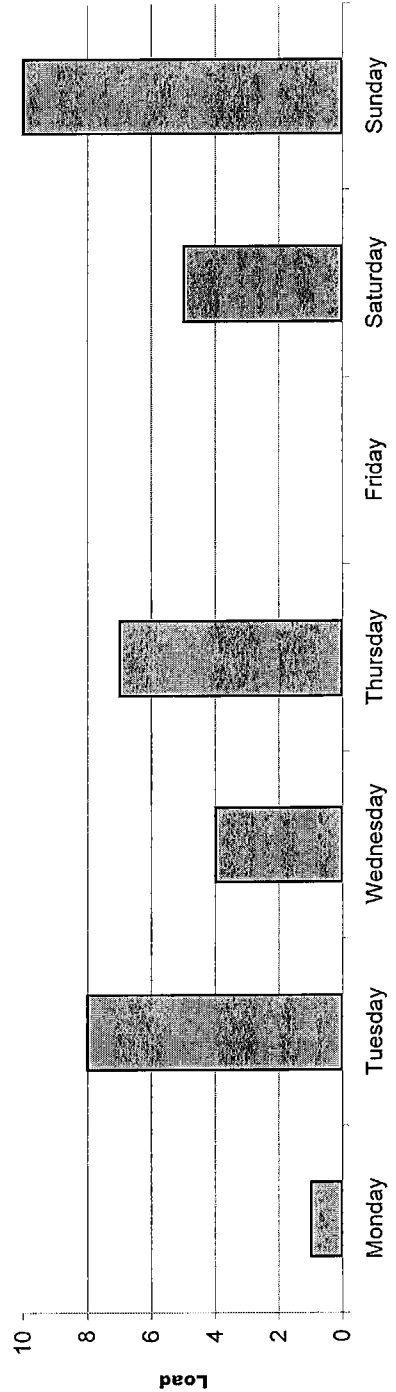
Important Note:

Training plan samples for each level are provided based on the weeks with no races. Please follow the Race Week Workout Structure Chart (download PDF) if you are planning to race on the weekend or during the week or both.

Load Intensity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13	1 Technique Training Warm Up - 20min; Drills - 35min (body position, timing & agility, quickness); Cool Down - 15min.	8 Max VO2 Intervals Warm Up - 20min; Intervals - 5x4min with 2min recovery; Cool Down - 15min.	4 Specific Strength Warm Up - 20min; Specific Strength - 40min free skate on flat terrain; Cool Down - 15min.	7 AT Intervals Warm Up - 20min; Intervals - 2x17min with 2min recovery; Cool Down - 15min.	0 Rest	5 Specific Strength Warm Up - 20min; Specific Strength - 40min double pole & 10min single stick on flat terrain; Cool Down - 15min.	10 Over Distance 1 hour 40min on rolling terrain
Week 14	1 Technique Training Warm Up - 20min; Drills - 40min (body position, timing & agility, quickness); Cool Down - 15min.	8 Max VO2 Intervals Warm Up - 20min; Intervals - 7x3min with 2min recovery; Cool Down - 15min.	4 Specific Strength Warm Up - 20min; Specific Strength - 55min free skate on flat terrain; Cool Down - 15min.	7 AT Intervals Warm Up - 20min; Intervals - 3x12min with 2min recovery; Cool Down - 15min.	0 Rest	5 Specific Strength Warm Up - 20min; Specific Strength - 50min double pole on flat terrain; Cool Down - 15min.	10 Over Distance 2 hour on rolling terrain
Week 15	1 Technique Training Warm Up - 20min; Drills - 40min (body position, timing & agility, quickness); Cool Down - 15min.	8 Max VO2 Intervals Warm Up - 20min; Intervals - 6x3min with 2min recovery; Cool Down - 15min.	4 Specific Strength Warm Up - 20min; Specific Strength - 40min free skate on flat terrain; Cool Down - 15min.	7 AT Intervals Warm Up - 20min; Intervals - 2x16min with 2min recovery; Cool Down - 15min.	0 Rest	5 Specific Strength Warm Up - 20min; Specific Strength - 40min double pole & 10min single stick on flat terrain; Cool Down - 15min.	10 Over Distance 1 hour 35min on rolling terrain
Week 16	1 Technique Training Warm Up - 20min; Drills - 30min (body position, timing & agility, quickness); Cool Down - 15min.	8 Max VO2 Intervals Warm Up - 20min; Intervals - 7x3min with 2min recovery; Cool Down - 15min.	4 Specific Strength Warm Up - 20min; Specific Strength - 45min free skate on flat terrain; Cool Down - 15min.	7 AT Intervals Warm Up - 20min; Intervals - 3x12min with 2min recovery; Cool Down - 15min.	0 Rest	5 Specific Strength Warm Up - 20min; Specific Strength - 50min double pole on flat terrain; Cool Down - 15min.	10 Over Distance 2 hour on rolling terrain

Feb 16-22 →

Notes: For training load explanation see Yearly Overview page video or script, for training intensity levels see Yearly Overview page Determining Your Training Intensity Levels link and for technique training drills see Video Extras in Technique section.





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SA heavy on Sat + Sun = Rest

Load Intensity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type	Technique Training	Max VO2 Intervals	Specific Strength	AT Intervals	Rest	Specific Strength	Over Distance
Weeks 17-19	Warm Up - 20min; Drills - 35min (body position, timing & agility, quickness); Cool Down - 15min.	Warm Up - 20min; Intervals - 3x7min with 2min recovery; Cool Down - 15min.	Warm Up - 20min; Specific Strength - 50min free skate on flat terrain; Cool Down - 15min.	Warm Up - 20min; Intervals - 2x18min with 2min recovery; Cool Down - 15min.	Rest	Warm Up - 20min; Specific Strength - 40min double pole & 10min single stick on flat terrain; Cool Down - 15min.	2 hours on rolling terrain
Weeks 20-22	Warm Up - 20min; Drills - 40min (body position, timing & agility, quickness); Cool Down - 15min.	Warm Up - 20min; Intervals - 3x6min with 2min recovery; Cool Down - 15min.	Warm Up - 20min; Specific Strength - 40min free skate on flat terrain; Cool Down - 15min.	Warm Up - 20min; Intervals - 2x16min with 2min recovery; Cool Down - 15min.	Rest	Warm Up - 20min; Specific Strength - 40min double pole on flat terrain; Cool Down - 15min.	1 hour 40 min on rolling terrain
Weeks 23-25	Warm Up - 20min; Drills - 30min (body position, timing & agility, quickness); Cool Down - 15min.	Warm Up - 20min; Intervals - 6x3min with 2min recovery; Cool Down - 15min.	Warm Up - 20min; Specific Strength - 30min free skate on flat terrain; Cool Down - 15min.	Warm Up - 20min; Intervals - 3x10min with 2min recovery; Cool Down - 15min.	Rest	Warm Up - 20min; Specific Strength - 20min double pole & 10min single stick on flat terrain; Cool Down - 15min.	1 hour 20 min on rolling terrain
Weeks 26-28	Warm Up - 20min; Drills - 30min (body position, timing & agility, quickness); Cool Down - 15min.	Warm Up - 20min; Intervals - 4x4min with 2min recovery; Cool Down - 15min.	Warm Up - 20min; Specific Strength - 20min free skate on flat terrain; Cool Down - 15min.	Warm Up - 20min; Intervals - 3x9min with 2min recovery; Cool Down - 15min.	Rest	Warm Up - 20min; Specific Strength - 20min double pole on flat terrain; Cool Down - 15min.	1 hour 10 min on rolling terrain

Five V-neck support

if racing

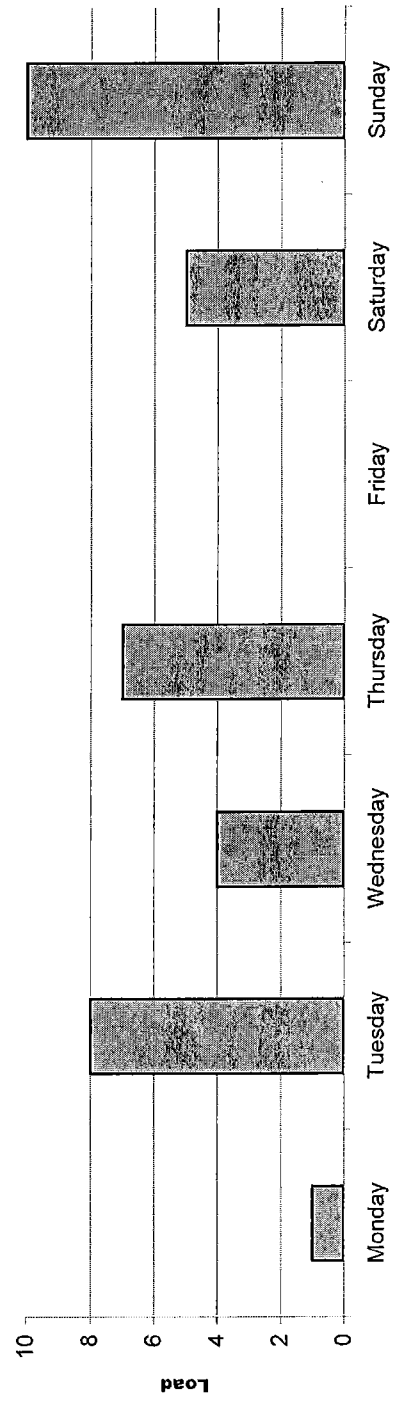
if race

if race

March 1st
Twin Peaks
Chapin

March 22
March 23 Rest

Notes: For training load explanation see Yearly Overview page video or script, for training intensity levels see Yearly Overview page Determining Your Training Intensity Levels link and for technique training drills see Video Extras in Technique section.



plan for
Feb 23
Mar 22