



period four
High School Racing
Training Plan Sample

Continued ►



period four:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Load Intensity	1	8 Level 4	4 Level 1	7 Level 3	0	5 Level 1-2	10 Level 1
Type	Technique Training	Max VO2 Intervals	Distance & General Strength	AT Intervals	Rest	Race or Specific Strength	Race or Over Distance
Week 1	Warm Up - 15min; Drills - 25min (body position, timing & agility, quickness); Cool Down - 10min.	Warm Up - 15min; Intervals - 3x6min with 2min recovery, Cool Down - 10min.	30 min on rolling terrain. 1 set of push ups (15 reps), sit ups (20 reps), dips (15 reps), back ups (15 reps)	Warm Up -15min; Intervals - 3x11min with 2min recovery, Cool Down - 10min.		Warm Up - 15min; Specific Strength - 20 min double pole on rolling terrain; Cool Down - 10min.	1 hour 20 min on rolling terrain
Week 2	Warm Up - 15min; Drills - 25min (body position, timing & agility, quickness); Cool Down - 10min.	Warm Up - 15min; Intervals - 4x2min with 2min recovery, Cool Down - 10min.	50 min on rolling terrain. 1 set of push ups (15 reps), sit ups (20 reps), dips (15 reps), back ups (15 reps)	Warm Up -15min; Intervals - 2x8min with 2min recovery, Cool Down - 10min.		Race or Warm Up - 15min; Specific Strength - 25 min double pole on rolling terrain; Cool Down - 10min.	Race or 1 hour 15 min on rolling terrain
Week 3	Warm Up - 15min; Drills - 25min (body position, timing & agility, quickness); Cool Down - 10min.	Warm Up - 15min; Intervals - 3x2min with 2min recovery, Cool Down - 10min.	40 min on rolling terrain. 1 set of push ups (15 reps), sit ups (20 reps), dips (15 reps), back ups (15 reps)	Warm Up -15min; Intervals - 2x7min with 2min recovery, Cool Down - 10min.		Race or Warm Up - 15min; Specific Strength - 20 min double pole on flat terrain; Cool Down - 10min.	Race or 1 hour 10 min on rolling terrain
Week 4	Warm Up - 15min; Drills - 25min (body position, timing & agility, quickness); Cool Down - 10min.	Warm Up - 15min; Intervals - 5x3min with 2min recovery, Cool Down - 10min.	50 min on rolling terrain. 1 set of push ups (15 reps), sit ups (20 reps), dips (15 reps), back ups (15 reps)	Warm Up -15min; Intervals - 3x12min with 2min recovery, Cool Down - 10min.		Warm Up - 15min; Specific Strength - 55 min double pole on flat terrain; Cool Down - 10min.	1 hour 45 min on rolling terrain



CXC Academy Training Plan Samples

- 250 hrs/year
- 400 hrs/year
- 550 hrs/year

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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.

