



# week sample

## Based on 400 hours a year

*Continued* ▶



# period thirteen training plan sample

## Monday: Rest

*It's the end of the season and many of us will have post-season blues. Don't worry, warmer weather is upon us but winter will come again. This time of year I like to take some time to review the season and make a list of what went great and not-so-great. Once I have this list I can develop a plan to improve the not-so-greats for next season. This review and planning gets me excited to train hard during the upcoming season.*

## Tuesday: General Distance with Max VO2 Intervals

Warm up in Level 1 for 15 min; perform general distance workout at Level 1 (for instance bike, swim, run, or any other endurance activity) for 45 min with Level 4 45 sec intervals

week 1 - 4 intervals  
week 2 - 3 intervals  
week 3 - 4 intervals  
week 4 - 3 intervals

with full recovery while maintaining activity. Finish workout with cool down in Level 1 for 10 min.

## Wednesday: General Strength

Warm up in Level 1 for 15 min, perform workout with focus on general movement patterns (see strength video for overview and exercises) and cool down in Level 1 for 15 min.

*Time to tone up for the beach; summer is coming! While this may be a bit of a motivating factor it is important to focus on general strength this time of year. We have spent all winter skiing and this can lead to muscle imbalances. Working on general strength can make us fitter and more injury resistant.*

## Thursday: General Distance with AT Intervals

Warm up in Level 1 for 15 min; perform general distance workout at Level 1 (for instance bike, swim, run, or any other endurance activity) for 45 min with 4.5 min intervals in Level 3

week 1 - 3 intervals  
week 2 - 2 intervals  
week 3 - 3 intervals  
week 4 - 2 intervals

with full recovery while maintaining activity. Finish workout with cool down in Level 1 for 15 min.

*I know its tempting for me to completely fall into the L1/L2 category for my entire spring. It is important to maintain contact with higher intensity levels. If we start from a higher fitness level once we begin training seriously again it will allow the body to reach high fitness more readily.*

## Friday: Active Rest

*Barbeque! Historically as soon as the season is over I gain 5-10lbs. Over the past few seasons I have tried to limit this weight gain because it makes getting down to race weight more challenging during the summer and fall. Also, I have noticed if I start my summer training from a lower weight category I can usually drop to an even lower weight while in-season.*

## Saturday: General Strength

Warm up in Level 1 for 15 min, perform workout with focus on general movement patterns (see strength video for overview and exercises) and cool down in Level 1 for 15 min.

*Spring is a great time to take a trip or participate in activities that you normally don't get a chance to experience. I know lots of elite racers love to tele-ski this time of year. A few years ago my teammates and I climbed and skied Mt. Rainer during the spring.*

## Sunday: General Over Distance

Steady Level 1 general over distance training.

week 1 - 2 hours  
week 2 - 1 hour 20 min  
week 3 - 2 hours 10 min  
week 4 - 1 hour 10 min

*When the sun is out and the weather is warm I will enjoy a nice long group ride with friends. It's a great opportunity to get in a long workout while enjoying the company of others. Make sure to wear bright clothing and bring an extra tube and pump. The nice thing about a long bike compared to a long run is you're not completely sore after a long ride.*



CXC Academy  
Training Plan Samples

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

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