

## Suggested training for J2's and EHSC

A few notes:

1. If you plan to do a race you can eliminate one of the interval workouts.
2. Rest and recovery are more critical than ever at this time of year.  
**Keep the easy days easy!**
3. These are guidelines. You can switch days around but be sure to maintain a hard day/easy day routine.
4. Bad weather and travel will disrupt any training plan. Substitute a run, indoor exercise as necessary.
5. MOST IMPORTANT: MAINTAIN TRAINING UP TO THE EVENT!

### Training: Week of February 21<sup>st</sup>.

**Monday:** Off day

**Tuesday:**

- A. Easy warm-up (15-20 minutes)
- B. 2 sets of “fast as possible” (These are level 5 exertions. Do your best to maintain form. No more than 20 seconds each) 2 per set.
- C. Spend 15-20 minutes working on an isolated element of technique; this could be your timing, skiing with your legs, no poles, etc.
- D. Finish with 15 minutes easy skiing.

**Wednesday:**

- A. Easy warm-up (15-20 minutes)
- B. Specific strength: Find a length of trail about 150-200 meters with a slight uphill. Alternate between “single stick” and double pole. Be sure to isolate your core and eliminate unnecessary wiggle. \*\* This is not an anaerobic exercise (level 2).  
5 sets of 2.
- C. Ski for 20 minutes working on transitions. When to switch from V1 to V2, when to switch from striding to double, etc.

**Thursday:**

- A. Easy warm-up (15-20 minutes)
- B. 4 – 4 minute intervals at Level 4 pace (By this I mean your lactate threshold or what would be your pace for a 5 km race). Be sure to let your HR return to 120-125 after each interval.
- C. Cool down : 15 minutes.

**Friday:** Active rest

Just ski easy or go for a fun run.

**Saturday:**

Easy distance ski. 90 minutes. maybe split your disciplines.

**Sunday:**

- A. Easy warm-up (15-20 minutes)
- B. 2 – 12 minutes intervals at a level 3 pace in varies terrain. Remember this is less than your pace for a 5km race.

**Training: Week of February 28th.**

**Monday:** Off day

**Tuesday:**

- A. Easy warm-up (15-20 minutes)
- B. 3 sets of “fast as possibles” (These are level 5 exertions. Do you best to maintain form. No more than 20 seconds each) 2 per set.
- C. Spend 15-20 minutes working on an isolated element of technique; this could be your timing, skiing with your legs, no poles, etc.
- D. Finish with 15 minutes easy skiing.

**Wednesday:**

- A. Easy warm-up (15-20 minutes)
- B. Specific strength: Find length of trail about 150-200 meters with a slight uphill. Alternate between “single stick” and double pole. Be sure to isolate your core and eliminate unnecessary wiggle. \*\* This is not an anaerobic exercise (level 2). Do 4 sets of 2.
- C. Ski for 20 minutes working on transitions. When to switch from V1 to V2, when to switch from striding to double, ect.

**Thursday:**

- A. Easy warm-up (15-20 minutes)
- B. 4 – 3 minute intervals at Level 4 pace (By this I mean your lactate threshold or what would be your pace for a 5 km race). Be sure to let your HR return to 120-125 after each interval.
- C. Cool down : 15 minutes.

**Friday:** Active rest

Just ski easy or go for a fun run.

**Saturday:**

Easy distance ski. 90 minutes. maybe spilt your disciples.

**Sunday:**

- A. Easy warm-up (15-20 minutes)
- B. (*Racing @ EHSC and Not J2's*)  
2 – 12 minutes intervals at a level 3 pace in varies terrain. Remember this is less than your pace for a 5km race.  
(*Racing @ J2's*): 2 – 6 minutes intervals at a level 3 pace in varied terrain.

## Training week of March 7<sup>th</sup>: EHSC ONLY

**Monday:** Off day

**Tuesday:**

- A. Easy warm-up (15-20 minutes)
- B. 3 sets of “fast as possible” (These are level 5 exertions. Do your best to maintain form. No more than 20 seconds each) 2 per set.
- C. Spend 15-20 minutes working on an isolated element of technique; this could be your timing, skiing with your legs, no poles, etc.
- D. Finish with 15 minutes easy skiing.

**Wednesday:**

- A. Easy warm-up (15-20 minutes)
- B. Specific strength: Find length of trail about 150-200 meters with a slight uphill. Alternate between “single stick” and double pole. Be sure to isolate your core and eliminate unnecessary wiggle. \*\* This is not an anaerobic exercise (level 2). Do 5 sets of 2.
- C. Ski for 20 minutes working on transitions. When to switch from V1 to V2, when to switch from striding to double, etc.

**Thursday:**

- A. Easy warm-up (15-20 minutes)
- B. 4 – 3 minute intervals at Level 4 pace (By this I mean your lactate threshold or what would be your pace for a 5 km race). Be sure to let your HR return to 120-125 after each interval.
- C. Cool down : 15 minutes.

**Friday:** Active rest

Just ski easy or go for a fun run.

**Saturday:**

Easy distance ski. 90 minutes. maybe split your disciplines.

**Sunday:**

- A. Easy warm-up (15-20 minutes)
- B. 2 – 6 minutes intervals at a level 3 pace in varied terrain. Remember this is less than your pace for a 5km race.

**Training week of March 7<sup>th</sup>: Racing @ J2's**

**Monday:**

Easy ski of 45- 60 minutes.

**Tuesday:**

Warm-up : 15 minutes

4 – 2 minute intervals @ race pace. HR down to 120 between each.

Cool down: 15 minutes.

**Wednesday:**

Easy ski 60 minutes.

**Thursday:**

Prep your skis.

Pack your bags.

Get a good nights rest.

Get your homework for Friday's Classes.

**Friday:** Travel

**Training week of March 14<sup>th</sup>: EHSC (did not race at J2's)**

**Monday:**

Easy ski of 45- 60 minutes.

**Tuesday:**

Warm-up : 15 minutes

4 – 2 minute intervals @ race pace. HR down to 120 between each.

Cool down: 15 minutes.

**Wednesday:**

Easy ski 60 minutes.

**Thursday:**

Prep your skis.

Pack your bags.

Get a good nights rest.

Get your homework for Friday's Classes.

**Friday:** Travel

**Training week of March 14<sup>th</sup>: EHSC (Raced at J2's)**

**Monday: REST!!!!**

**Tuesday:**

Warm-up : 20 minutes

3 – 2 minute intervals @ LEVEL 3. HR down to 120 between each.

Cool down: 20 minutes.

**Wednesday:**

Easy ski 45-60 minutes.

Incorporate 4 “fast as possibles” (No more than 20 seconds each)

**Thursday:**

Prep your skis.

Pack your bags.

Get a good nights rest.

Get your homework for Friday’s Classes.

**Friday:** Travel