

Training Program

Level:

Active skier/racer who trains about 5 - 6 times a week

Duration:

12 weeks

Target:

Long distance skiing event/race

Activities:

Skiing on basic and pace endurance levels, double pole and long training

Weeks 1 - 2

1 x skiing	Duration 60 - 75 minutes on basic endurance level, heart rate 60 - 75 % of maxHR. Few accelerations can be done in easy points.
1 x skiing	Duration 75 – 90 minutes on basic endurance level, heart rate 60 – 75% of maxHR Includes 2 x 10 minutes on pace endurance level (HR 80 – 90% of maxHR), 10 minutes light skiing between
1 x skiing	Duration 60 - 75 minutes on basic endurance level, heart rate 60 - 70 % of maxHR. Includes 4 x 5 minutes double pole (HR 70 – 80% of maxHR), 5 minutes light skiing between
1 x skiing	Duration 90 – 120 minutes, long training on basic endurance level, heart rate 55 – 70 % of maxHR

Weeks 3 - 4

1 x skiing	Duration 90 minutes on basic endurance level, heart rate 60 - 70 % of maxHR. Includes 30 minutes on basic endurance+ level, heart rate 70 - 80 % of maxHR.
1 x skiing	Duration about 75 minutes on basic endurance level, heart rate 60 – 70 % of maxHR Includes 2 x 15 minutes on pace endurance level (HR 80 – 90% of maxHR), 10 minutes light skiing between
1 x skiing	Duration 60 - 75 minutes on basic endurance level, heart rate 55 - 75 % of maxHR. Includes 2 x 10 minutes double pole (HR 65 – 80% of maxHR), 5 minutes light skiing between
1 x skiing	Duration about 120 minutes, long training on basic endurance level, heart rate 55 – 75 % of maxHR Includes 20 minutes double pole on basic endurance + level

Weeks 5 - 7

1 x skiing	Duration 90 minutes on basic endurance level, heart rate 60 - 70 % of maxHR. Includes 45 minutes on basic endurance+ level, heart rate 70 - 85 % of maxHR.
1 x skiing	Duration 60 - 75 minutes on basic endurance - level, heart rate 55 – 70 % of maxHR. Slow speed.
1 x skiing	Duration 75 minutes on basic endurance level, heart rate 60 - 75 % of maxHR. Includes 3 x 10 minutes on pace endurance level (HR 80 – 90% of maxHR), 10 minutes light skiing between
1 x skiing	Duration about 60 - 90 minutes on basic endurance level, heart rate 60 – 75 % of maxHR Includes 6 x 5 minutes double pole, 3 minutes light skiing between
1 x skiing	Duration about 150 minutes, long training, very tranquil pace, especially first 30 minutes. Includes 30 minutes double pole on basic endurance level

Week 8

1 x skiing	Duration 60 minutes on basic endurance level, heart rate 60 - 70 % of maxHR.
1 x skiing	Duration about 90 minutes on basic endurance level, heart rate 60 – 75 % of maxHR Includes 30 minutes on pace endurance level (HR 80 – 90% of maxHR), 10 minutes light skiing between
1 x skiing	Duration about 180 minutes, long training on basic endurance level, heart rate 60 – 75 % of maxHR Includes 30 minutes double pole

Weeks 9 – 10

1 x skiing	Duration 90 minutes on basic endurance level, heart rate 60 - 75 % of maxHR. Includes few accelerations.
1 x skiing	Duration 60 - 75 minutes on basic endurance - level, heart rate 55 – 70 % of maxHR. Includes 2 x 7 minutes on pace endurance level, last 3 minutes accelerating faster (HR 85 – 95% of maxHR), 10 minutes light skiing between
1 x skiing	Duration 75 minutes basic endurance level, heart rate 60 - 75 % of maxHR. Includes 2 x 15 minutes double pole, 10 minutes light skiing between
1 x skiing	Duration 60 minutes, very light intensity/endurance level, heart rate 55 – 70 % of maxHR
1 x skiing	Duration 120 - 180 minutes, long training on basic endurance - level, heart rate 55 – 70 % of maxHR Includes 2 x 20 minutes double pole on basic endurance level

Weeks 11 – 12

Monday	Duration 65 - 90 minutes on basic endurance level, heart rate 60 - 70 % of maxHR.
Wednesday	Duration 60 minutes on basic endurance level, heart rate 60 – 75 % of

	maxHR Includes 15 minutes double pole
Saturday	Duration 90 minutes on basic endurance level, heart rate 60 – 75 % of maxHR Includes 30 minutes on pace endurance level, heart rate 80 – 85% of maxHR
Tuesday	Duration 60 minutes on basic endurance - level, heart rate 55 - 70 % of maxHR
Thursday	Duration 75 - 90 minutes on basic endurance level, heart rate 60 - 75 % of maxHR.
Saturday/Sunday	Skiing Event For the sake of energy storage adequacy make sure that your starting pace is not too fast