MONTH	Wk	HRs	Wk Typ	Date	Location	Race/TT/Test	Training Phase	Level 3	Level 4	Sprint intensity	Speed	Strength Phase	Specific Strength	Distance Focus	Intensity Focus
1	1	7	easy	1-May			L1, Distance, Threshold		0:10:		10 x 10 @ 80 %	General Strength			
32	2	8	med	8-May			L1, Distance, Threshold	0:30:			10 x 10 @ 80 %	General Strength			
	3	10	hard	15-May		Strength test, Run test	L1, Distance, Threshold	0:30:	0:20:		12 x 10 @ 80 %	General Strength			
	4	7	easy	22-May			Easy	0:30:			12 x 10 @ 80 %	General Strength			
								1:30:	0:30:						
2	5	8	med	29-May			L1, Distance, Threshold	0:30:		3 x 8 x 30 seconds	12 x 10 @ 80%	General Strength			
36	6	10	hard	5-Jun			L1, Distance, Threshold	1:10:			12 x 10 @ 90%	General Strength			
	7	7	easy	12-Jun		DP test	Easy		0:20:		12 x 10 @ 90%	Max Strength			
	8	11	med	19-Jun			L1, Distance, Threshold	0:35:			12 x 10 @ 90%	Max Strength			
								2:15:	0:20:	0:08					
3	9	10	hard	26-Jun			L1, Distance, Threshold	0:30	0:15:		12 x 10 @ 90%	Max Strength			
40	10	11	vol	3-Jul			L1, Distance, Threshold	0:35:		3 x 8 x 30 seconds	12 x 10 @ 90%	Max Strength			
	11	9	easy	10-Jul			Easy	0:30:			12 x 10 @ 90%	Max Strength			
	12	10	med	17-Jul			L1, Distance, Threshold	0:40:			12 x 10 @ 90%	Max Strength			
								2:15:	0:15:	0:10					
4	13	11	int	24-Jul		Rollerski TT	L4, sprint int		0:50:	3 x 8 x 30 sec	12 x 10 @ 95%	Power 1			
43	14	14	vol	31-Jul			L1, Distance, Threshold	1:30:			12 x 10 @ 95%	Power 1			
	15	8	easy	7-Aug			easy	0:35:			12 x 10 @ 95%	Power 1			
	16	10	med	14-Aug			L1, Distance, Threshold	0:40:		3 x 8 x 30 seconds	12 x 10 @ 95%	Power 1			
								2:45:	0:50:	0:20					
5	17	10	int	21-Aug		DP test	L4, sprint int	0:30:	0:25:		12 x 10 @ 95%	Power 1			
42	18	11	vol	28-Aug			L1, Distance, Threshold	0:40:			12 x 10 @ 95%	Power / velocity			
	19	9	easy	4-Sep			easy	0:30:			12 x 10 @ 95%	Power / velocity			
	20	12	med	11-Sep			L4, Sprint Intensity		0:30:	2 x 4 x 60 seconds	12 x 10 @ 95%	Power / velocity			
								1:40:	0:55:	0:10					
6	21	9	int	18-Sep		Rollerski TT	L4, Sprint Intensity		0:45	3 x 10 x 30 seconds	15 x 10 @ 100%	Max Strength 2			
39	22	12	vol	25-Sep			L1, Distance, Threshold	1:20:			15 x 10 @ 100%	Max Strength 2			
	23	8	easy	2-Oct			Easy	0:40:			15 x 10 @ 100%	Max Strength 2			
	24	10	med	9-Oct			L4, Sprint Intensity	0:40:	0:25:		15 x 10 @ 100%	Max strength 2			
								2:40:	1:10:	0:10					
7	25	8	int	16-Oct		Strength Test, run test	L4, Sprint Intensity		0:30:	3 x 10 x seconds	15 x 10 @ 100%	Max Strength 2			
38	26	11	vol	23-Oct			L1, Distance, Threshold	0:45	0:25:		15 x 10 @ 100%	Max Strength 2			
	27	9	easy	30-Oct			Easy	0:40:			15 x 10 @ 100%	Power2			
	28	10	int	6-Nov		Int or Roll TT	L4, Sprint Intensity		0:40:	2 x 4 x 90 seconds	12 x 10 @ 95%	Power 2			
								1:25:	1:35:	0:10					
8	29	9	Vol	13-Nov			L1, Distance, Threshold	1:20:			12 x 10 @ 95%	Power 2			
43	30	15	vol	20-Nov			L1, Distance, Threshold	0:40:	0:40		12 x 10 @ 95%	Power 2			
	31	10	easy	27-Nov			Easy	0:30:			12 x 10 @ 95%	Power 2			
	32	9	med	4-Dec			L3, L4		0:20:	3 x 8 x 30 seconds	15 x 10 @ 100%	Velocity / Maintenance			
								2:30:	1:00:	0:12					
							Prep period totals	17:00:	6:35:	1:10					
9	33	9	int	11-Dec			L4, TT		0:20:		15 x 10 @ 100%	Velocity / Maintenance			
37	34	10	vol	18-Dec			L1, Distance, Threshold	0:40:			15 x 10 @ 100%	Velocity / Maintenance			
	35	10	vol	25-Dec			L1, Distance, Threshold	0:40	0:20:		15 x 10 @ 100%	Velocity / Maintenance			
	36	8	easy	1-Jan			easy	0:15:		3 x 8 x 30 seconds	15 x 10 @ 100%	Maintenance			
								1:35:	0:40:	0:10					
10	37	9	Race	8-Jan			RACE		0:20:		15 x 10 @ 100%	Maintenance			
38	38	11	Race	15-Jan			RACE	0:15:	0:30		15 x 10 @ 100%	Maintenance			
	39	10	Race	22-Jan			RACE		0:40:	2 x 4 x 90 seconds	15 x 10 @ 100%	Maintenance			
	40	8	Race	29-Jan			RACE	0:15	0:20:		15 x 10 @ 100%	Maintenance			
								0:30:	1:50:	0:20					
11	41	8	med	5-Feb			RACE		0:20:	3 x 8 x 30 seconds	15 x 10 @ 100%	Maintenance			
37	42	12	Vol	12-Feb			Training block	0:40:	0:20:		15 x 10 @ 100%	Maintenance			
	43	10	Vol	19-Feb			Training block	0:40:			15 x 10 @ 100%	Maintenance			
	44	7	easy	26-Feb			med		0:20:	3 x 8 x 30 seconds	12 x 10 @ 100%	Maintenance			
								1:20:	1:00:	0:10					
12	45	8	med	4-Mar			taper	0:15:	0:20:		12 x 10 @ 100%	Maintenance			
32	46	9	hard	11-Mar	Lake Placid	Junior Nationals	Peak	0:15:	1:00		12 x 10 @ 100%	Maintenance			
	47	7	easy	18-Mar							12 x 10 @ 100%	Maintenance			
	48	8	med	25-Mar							12 x 10 @ 100%	Maintenance			
								0:30:	1:20:	0:10					
13	49	8	med	1-Apr							12 x 10 @ 100%	Maintenance			
18	50	5	easy	8-Apr											
	51	5	easy	15-Apr											
	52		easy	22-Apr											
								0:00:	0:00:						
YEAR TOTAL															
475							INTENSITY TOTAL	20:55:	11:25:	2:00					