

| 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   | 10  | easy    | 1-May  |          |                         | L1, Distance, Threshold |                         |         | 0:20                | 10 x 10 @ 80 %     | General Strength       |                        |                |                 |  |
|            | 45  | 2   | 12      | med    | 8-May    |                         |                         | L1, Distance, Threshold | 0:40    |                     |                    | 10 x 10 @ 80 %         | General Strength       |                |                 |  |
|            |     | 3   | 14      | hard   | 15-May   |                         | Strength test, Run test | L1, Distance, Threshold | 0:40    | 0:20                |                    | 12 x 10 @ 80 %         | General Strength       |                |                 |  |
|            |     | 4   | 9       | easy   | 22-May   |                         |                         | Easy                    | 0:40    |                     |                    | 12 x 10 @ 80 %         | General Strength       |                |                 |  |
|            |     |     |         |        |          |                         |                         | 2:00                    | 0:40    |                     |                    |                        |                        |                |                 |  |
| 2          | 5   | 12  | med     | 29-May |          |                         | L1, Distance, Threshold | 0:45                    |         |                     | 3 x 8 x 30 seconds | General Strength       |                        |                |                 |  |
|            | 53  | 6   | 16      | hard   | 5-Jun    |                         |                         | L1, Distance, Threshold | 1:20    |                     |                    | 12 x 10 @ 90%          | General Strength       |                |                 |  |
|            |     | 7   | 11      | easy   | 12-Jun   |                         | DP test                 | Easy                    |         | 0:25                |                    | 12 x 10 @ 90%          | Max Strength           |                |                 |  |
|            |     | 8   | 14      | med    | 19-Jun   |                         |                         | L1, Distance, Threshold | 0:45    |                     |                    | 12 x 10 @ 90%          | Max Strength           |                |                 |  |
|            |     |     |         |        |          |                         |                         | 2:50                    | 0:25    | 0:08                |                    |                        |                        |                |                 |  |
| 3          | 9   | 14  | hard    | 26-Jun |          |                         | L1, Distance, Threshold | 0:45                    | 0:30    |                     | 12 x 10 @ 90%      | Max Strength           |                        |                |                 |  |
|            | 56  | 10  | 16      | vol    | 3-Jul    |                         |                         | L1, Distance, Threshold | 0:50    |                     | 3 x 8 x 30 seconds | 12 x 10 @ 90%          | Max Strength           |                |                 |  |
|            |     | 11  | 11      | easy   | 10-Jul   |                         |                         | Easy                    | 0:40    |                     |                    | 12 x 10 @ 90%          | Max Strength           |                |                 |  |
|            |     | 12  | 15      | med    | 17-Jul   |                         |                         | L1, Distance, Threshold | 1:30    |                     |                    | 12 x 10 @ 90%          | Max Strength           |                |                 |  |
|            |     |     |         |        |          |                         |                         | 3:45                    | 0:30    | 0:10                |                    |                        |                        |                |                 |  |
| 4          | 13  | 14  | int     | 24-Jul |          | Rollerki TT             | L4, sprint int          |                         | 0:50    | 3 x 8 x 30 seconds  | 12 x 10 @ 95%      | Power 1                |                        |                |                 |  |
|            | 58  | 14  | 19      | vol    | 31-Jul   |                         |                         | L1, Distance, Threshold | 1:30    |                     |                    | 12 x 10 @ 95%          | Power 1                |                |                 |  |
|            |     | 15  | 11      | easy   | 7-Aug    |                         |                         | easy                    | 0:40    |                     |                    | 12 x 10 @ 95%          | Power 1                |                |                 |  |
|            |     | 16  | 14      | med    | 14-Aug   |                         |                         | L1, Distance, Threshold | 0:40    |                     | 3 x 8 x 30 seconds | 12 x 10 @ 95%          | Power 1                |                |                 |  |
|            |     |     |         |        |          |                         |                         | 2:50                    | 0:50    | 0:20                |                    |                        |                        |                |                 |  |
| 5          | 17  | 15  | int     | 21-Aug |          | DP test                 | L4, sprint int          | 0:30                    | 0:25    |                     | 12 x 10 @ 95%      | Power 1                |                        |                |                 |  |
|            | 61  | 18  | 18      | vol    | 28-Aug   |                         |                         | L1, Distance, Threshold | 1:30    |                     |                    | 12 x 10 @ 95%          | Power / velocity       |                |                 |  |
|            |     | 19  | 11      | easy   | 4-Sep    |                         |                         | easy                    | 0:40    |                     |                    | 12 x 10 @ 95%          | Power / velocity       |                |                 |  |
|            |     | 20  | 17      | med    | 11-Sep   |                         |                         | L4, Sprint Intensity    |         | 0:30                | 2 x 4 x 60 seconds | 12 x 10 @ 95%          | Power / velocity       |                |                 |  |
|            |     |     |         |        |          |                         |                         | 2:40                    | 0:55    | 0:10                |                    |                        |                        |                |                 |  |
| 6          | 21  | 13  | int     | 18-Sep |          | Rollerki TT             | L4, Sprint Intensity    |                         | 0:45    | 3 x 10 x 30 seconds | 15 x 10 @ 100%     | Max Strength 2         |                        |                |                 |  |
|            | 54  | 22  | 17      | vol    | 25-Sep   |                         |                         | L1, Distance, Threshold | 1:20    |                     |                    | 15 x 10 @ 100%         | Max Strength 2         |                |                 |  |
|            |     | 23  | 11      | easy   | 2-Oct    |                         |                         | Easy                    | 0:40    |                     |                    | 15 x 10 @ 100%         | Max Strength 2         |                |                 |  |
|            |     | 24  | 13      | med    | 9-Oct    |                         |                         | L4, Sprint Intensity    | 0:40    | 0:30                |                    | 15 x 10 @ 100%         | Max strength 2         |                |                 |  |
|            |     |     |         |        |          |                         |                         | 2:40                    | 1:15    | 0:10                |                    |                        |                        |                |                 |  |
| 7          | 25  | 14  | int     | 16-Oct |          | Strength test, run test | L4, Sprint Intensity    |                         | 0:30    | 3 x 10 x seconds    | 15 x 10 @ 100%     | Max Strength 2         |                        |                |                 |  |
|            | 56  | 26  | 17      | vol    | 23-Oct   |                         |                         | L1, Distance, Threshold | 0:45    | 0:30                |                    | 15 x 10 @ 100%         | Max Strength 2         |                |                 |  |
|            |     | 27  | 11      | easy   | 30-Oct   |                         |                         | Easy                    | 0:40    |                     |                    | 15 x 10 @ 100%         | Power2                 |                |                 |  |
|            |     | 28  | 14      | 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                    | 1:40    | 0:20                |                    |                        |                        |                |                 |  |
| 8          | 29  | 19  | vol     | 13-Nov |          |                         | L1, Distance, Threshold | 0:50                    | 0:40    |                     | 12 x 10 @ 95%      | Power 2                |                        |                |                 |  |
|            | 57  | 30  | 10      | easy   | 20-Nov   |                         |                         | Easy                    | 0:40    |                     |                    | 12 x 10 @ 95%          | Power 2                |                |                 |  |
|            |     | 31  | 17      | vol    | 27-Nov   | IC                      | Sovereign Lake FIS      | L1, Distance, Threshold | 1:30    | 1:00                |                    | 12 x 10 @ 95%          | Power 2                |                |                 |  |
|            |     | 32  | 11      | Med    | 4-Dec    | Alaska                  | ST 1                    | Race                    | 0:30    | 1:00                | 3 x 8 x 30 seconds | 15 x 10 @ 100%         | Velocity / Maintenance |                |                 |  |
|            |     |     |         |        |          |                         |                         | 3:30                    | 2:40    | 0:12                |                    |                        |                        |                |                 |  |
|            |     |     |         |        |          |                         |                         | Prep period totals      |         |                     | 21:40              | 8:56                   | 1:20                   |                |                 |  |
| 9          | 33  | 10  | int     | 11-Dec | Alaska   | ST 2                    | Race                    |                         | 1:00    |                     | 15 x 10 @ 100%     | Velocity / Maintenance |                        |                |                 |  |
|            | 47  | 34  | 15      | vol    | 18-Dec   |                         |                         | L1, Distance, Threshold | 1:30    |                     |                    | 15 x 10 @ 100%         | Velocity / Maintenance |                |                 |  |
|            |     | 35  | 10      | easy   | 25-Dec   |                         |                         | Easy                    | 0:15    | 0:20                | 3 x 8 x 30 seconds | 15 x 10 @ 100%         | Velocity / Maintenance |                |                 |  |
|            |     | 36  | 12      | med    | 1-Jan    | Soldier Hollow          | US Nationals            | mini peak               | 0:15    | 2:00                |                    | 15 x 10 @ 100%         | Maintenance            |                |                 |  |
|            |     |     |         |        |          |                         |                         | 2:00                    | 3:20    | 0:10                |                    |                        |                        |                |                 |  |
| 10         | 37  | 11  | med     | 8-Jan  |          |                         | L1, Distance, Threshold |                         | 0:20    | 3 x 8 x 30 seconds  | 15 x 10 @ 100%     | Maintenance            |                        |                |                 |  |
|            | 48  | 38  | 13      | int    | 15-Jan   | East                    | ST 3                    | Race                    | 0:30    | 1:00                |                    | 15 x 10 @ 100%         | Maintenance            |                |                 |  |
|            |     | 39  | 10      | easy   | 22-Jan   | East                    | ST 4                    | Race                    | 0:15    | 1:00                |                    | 15 x 10 @ 100%         | Maintenance            |                |                 |  |
|            |     | 40  | 14      | Vol    | 29-Jan   |                         |                         | L1, Distance, Threshold | 0:40    |                     |                    | 15 x 10 @ 100%         | Maintenance            |                |                 |  |
|            |     |     |         |        |          |                         |                         | 1:25                    | 2:20    | 0:20                |                    |                        |                        |                |                 |  |
| 11         | 41  | 13  | vol/med | 5-Feb  | Canmore  | World Cup               | L1, Distance, Threshold |                         | 0:20    | 3 x 8 x 30 seconds  | 15 x 10 @ 100%     | Maintenance            |                        |                |                 |  |
|            | 40  | 42  | 8       | easy   | 12-Feb   | MSP                     | World Cup               | Taper                   | 0:40    | 0:20                |                    | 15 x 10 @ 100%         | Maintenance            |                |                 |  |
|            |     | 43  | 10      | hard   | 19-Feb   |                         | Birki                   | Peak                    | 1:00    | 1:30                |                    | 15 x 10 @ 100%         | Maintenance            |                |                 |  |
|            |     | 44  | 9       | easy   | 26-Feb   |                         |                         | easy                    | 0:30    |                     |                    | 12 x 10 @ 100%         | Maintenance            |                |                 |  |
|            |     |     |         |        |          |                         |                         | 2:10                    | 2:10    | 0:10                |                    |                        |                        |                |                 |  |
| 12         | 45  | 12  | med     | 4-Mar  |          |                         | L1, Distance, Threshold | 0:45                    | 0:20    |                     | 12 x 10 @ 100%     | Maintenance            |                        |                |                 |  |
|            | 42  | 46  | 11      | int    | 11-Mar   |                         |                         | L4, TT                  | 0:15    | 1:00                |                    | 12 x 10 @ 100%         | Maintenance            |                |                 |  |
|            |     | 47  | 10      | hard   | 18-Mar   |                         |                         | L4, Sprint Intensity    | 0:15    | 0:20                |                    | 12 x 10 @ 100%         | Maintenance            |                |                 |  |
|            |     | 48  | 9       | Med    | 25-Mar   | Duluth                  | ST Finals               | Race                    | 1:00    | 1:00                |                    | 12 x 10 @ 100%         | Maintenance            |                |                 |  |
|            |     |     |         |        |          |                         |                         | 2:15                    | 2:40    | 0:10                |                    |                        |                        |                |                 |  |
| 13         | 49  | 9   | easy    | 1-Apr  |          |                         |                         |                         |         |                     |                    |                        |                        |                |                 |  |
|            | 33  | 50  | 8       | easy   | 8-Apr    |                         |                         |                         |         |                     |                    |                        |                        |                |                 |  |
|            |     | 51  | 8       | easy   | 15-Apr   |                         |                         |                         |         |                     |                    |                        |                        |                |                 |  |
|            |     | 52  | 8       | easy   | 22-Apr   |                         |                         |                         |         |                     |                    |                        |                        |                |                 |  |
|            |     |     |         |        |          |                         |                         | 0:00                    | 0:00    |                     |                    |                        |                        |                |                 |  |
| YEAR TOTAL | 650 |     |         |        |          |                         |                         |                         |         |                     |                    |                        |                        |                |                 |  |
|            |     |     |         |        |          |                         | INTENSITY TOTAL         | 29:30                   | 19:25   | 2:10                |                    |                        |                        |                |                 |  |