

	Wk	Hrs	Wk Type	Date	Race/TT/Test	Focus	Level 3	Level 4	Sprint int	Speed	Strength Phase	Specific Strength
1	1	7	easy	28-Apr		Easy	0:15:		6 x 45 sec		General Strength	
33	2	8	med	5-May	uphill run or 3k	L4, sprint int		0:15:	8 x 30 sec		General Strength	
	3	9	Vol	12-May		L3, sprint int			6 x 45 sec	12 x 10 @ 80 %	General Strength	
	4	9	Vol	19-May		L3	0:30:	0:15:		12 x 10 @ 80 %	General Strength	
							0:45:	0:30:		0:12		
2	5	8	easy	26-May		Easy	0:30:			12 x 10 @ 95%	General Strength	
38	6	9	int	2-Jun	DP test / uphill or 3k	L4, test		0:20:		12 x 10 @ 95%	General Strength	
	7	10	med	9-Jun		L3, sprint int	0:30:		6 x 45 sec	12 x 10 @ 95%	Max Strength	
	8	11	vol	16-Jun		L3, L4, sprint int	0:30:	0:15:	6 x 45 sec	12 x 10 @ 95%	Max Strength	
							1:30:	0:35:		0:10		
3	9	8	easy	23-Jun		Easy	0:25:		6 x 45 sec	12 x 10 @ 90%	Max Strength	
36	10	9	int	30-Jun	track or L4 bound	L4, sprint int		0:20:	6-8 x 60 sec	12 x 10 @ 90%	Max Strength	
	11	11	vol	7-Jul		L3, L4	0:40:	0:15:		12 x 10 @ 90%	Max Strength	
	12	8	easy	14-Jul	run TT or 3k	TT - 10m or 5k		1:00:		12 x 10 @ 90%	Max Strength	
							1:05:	1:35:		0:10		
4	13	9	int/med	21-Jul	rollerski TT - sp, 10k	TT - SP and 10k	0:30:	0:15:		12 x 10 @ 95%	Power 1	
40	14	11	vol	28-Jul		L4, sprint int		0:15:	6 x 45 sec	12 x 10 @ 95%	Power 1	
	15	12	Vol	4-Aug		L3, L4	0:30:	0:15:		12 x 10 @ 95%	Power 1	
	16	8	easy	11-Aug		Easy (can add L3 or L4)			3 x 10 x 30 sec	12 x 10 @ 95%	Power 1	
							1:00:	0:45:		0:10		
5	17	11	Vol	18-Aug	track or L4 bound	L3, L4	0:30:	0:20:		12 x 10 @ 95%	Power 1	
41	18	11	Vol	25-Aug		L4, sprint int		0:15:	6 x 45 sec	12 x 10 @ 95%	Power / velocity	
	19	9	easy	1-Sep		Easy (can add L4)			6-8 x 45 sec	12 x 10 @ 95%	Power / velocity	
	20	10	hard/ int	8-Sep	DP test	L3, test, L4 uphill run	0:50:	0:45:		12 x 10 @ 95%	Power / velocity	
							1:20:	1:20:		0:10		
6	21	8	hard/ int	15-Sep		L3, L4, sprint int	0:30:	0:15:	6 x 45 sec	15 x 10 @ 100%	Max Strength 2	
37	22	10	vol	22-Sep		L3, L4, sprint int	0:30:	0:15:		15 x 10 @ 100%	Max Strength 2	
	23	8	easy	29-Sep	DP test	Easy		0:20:		15 x 10 @ 100%	Max Strength 2	
	24	11	med	6-Oct		L3, L4, Sprint int	0:35:	0:15:	6 x 45	15 x 10 @ 100%	Max strength 2	
							1:35:	1:05:		0:10		
7	25	9	int	13-Oct	rollerski TT x2	L4, TTx2	0:35:	0:25:		15 x 10 @ 100%	Max Strength 2	
38	26	8	easy	20-Oct		Easy (L3 or L4)		0:15:		15 x 10 @ 100%	Max Strength 2	
	27	10	med int	27-Oct		L3, L4, Sprint int	0:35:	0:15:	6 x 45	15 x 10 @ 100%	Power2	
	28	11	hard	3-Nov	maybe TT?	L3, sprint int	0:35:	0:15:	10 x 30 sec	12 x 10 @ 95%	Power 2	
							1:45:	1:10:		0:15		
8	29	11	vol	10-Nov		L3, sprint int	0:35:	0:15:	8 x 45 sec	12 x 10 @ 95%	Power 2	
42	30	9	easy	17-Nov		Easy (L3 or L4)		0:15:		12 x 10 @ 95%	Power 2	
	31	13	vol	24-Nov	TT	L3, TT, sprint int	0:35:	0:30:	2 x 8 x 30 sec	12 x 10 @ 95%	Power 2	
	32	9	med	1-Dec		L3, L4	0:20:	0:15:		15 x 10 @ 100%	Velocity / Maintenance	
							1:30:	1:15:		0:15		
		305				Prep period totals	10:30:	8:15:	1:22			
9	33	9	race	8-Dec						15 x 10 @ 100%	Velocity / Maintenance	
38	34	10	easy/mid	15-Dec						15 x 10 @ 100%	Velocity / Maintenance	
	35	10	easy/mid	22-Dec						15 x 10 @ 100%	Velocity / Maintenance	
	36	9	race	29-Dec						15 x 10 @ 100%	Maintenance	
							0:00:	0:00:		0:10		
10	37	10	Race	5-Jan						15 x 10 @ 100%	Maintenance	
40	38	11	easy/med	12-Jan						15 x 10 @ 100%	Maintenance	
	39	9	race	19-Jan						15 x 10 @ 100%	Maintenance	
	40	10	med	26-Jan						15 x 10 @ 100%	Maintenance	
							0:00:	0:00:		0:20		
11	41	10	race	2-Feb		Peak				15 x 10 @ 100%	Maintenance	
41	42	12	race	9-Feb		Peak				15 x 10 @ 100%	Maintenance	
	43	10	race	16-Feb		Peak				15 x 10 @ 100%	Maintenance	
	44	9	easy	23-Feb		Peak				12 x 10 @ 100%	Maintenance	
							0:00:	0:00:		0:10		
12	45	10	vol	2-Mar						12 x 10 @ 100%	Maintenance	
36	46	9	med	9-Mar						12 x 10 @ 100%	Maintenance	
	47	8	med	16-Mar						12 x 10 @ 100%	Maintenance	
	48	9	race	23-Mar						12 x 10 @ 100%	Maintenance	
							0:00:	0:00:		0:10		
13	49	7	easy	30-Mar								
20	50	4	easy	6-Apr								
	51	4	easy	13-Apr								
	52	5	easy	20-Apr								
							0:00:	0:00:				
YEAR TOTAL												
	480					INTENSITY TOTAL	10:30:	8:15:	2:12			
						EST TOTAL	18	18				