

	Wk	HRs	Wk Type	Date	Race/TT/Test	Focus	Level 3	Level 4	Sprint int	Speed	Strength Phase	Specific Strength
1	1	9	easy	28-Apr		Easy	0:15:		6 x 45 sec		General Strength	
42	2	10	med	5-May	run race or L4 or 3k	L4, sprint int		0:20:	8 x 30 sec		General Strength	
	3	11	Vol	12-May		L3, sprint int	0:25:		6 x 45 sec	12 x 10 @ 80 %	General Strength	
	4	12	Vol	19-May		L3	0:30:			12 x 10 @ 80 %	General Strength	
							1:10:	0:20:	0:12			
2	5	9	easy	26-May		Easy	0:30:			12 x 10 @ 95%	General Strength	
44	6	10	int	2-Jun	DP test / treadmill / 3k	L4, test		0:25:		12 x 10 @ 95%	General Strength	
	7	12	med	9-Jun		L3, sprint int	0:40:		6 x 45 sec	12 x 10 @ 95%	Max Strength	
	8	13	vol	16-Jun		L3, sprint int	0:45:		6 x 45 sec	12 x 10 @ 95%	Max Strength	
							1:55:	0:25:	0:05			
3	9	9	easy	23-Jun		Easy	0:25:		6 x 45 sec	12 x 10 @ 90%	Max Strength	
44	10	12	int	30-Jun	track or L4 bound	L3, L4, sprint int	0:35:	0:20	6-8 x 60 sec	12 x 10 @ 90%	Max Strength	
	11	14	vol	7-Jul		L4, sprint int	0:40:		8 x 30 sec	12 x 10 @ 90%	Max Strength	
	12	9	easy	14-Jul	18TR run race	TT - 10m or 5k		1:00:		12 x 10 @ 90%	Max Strength	
							1:40:	1:20:	0:10			
4	13	12	int/med	21-Jul	Rollenski TT - sp, 10k	TT - SP and 10k	0:30:	0:30:		12 x 10 @ 95%	Power 1	
48	14	13	vol	28-Jul		L3, sprint int	0:40:		6 x 45 sec	12 x 10 @ 95%	Power 1	
	15	14	Vol	4-Aug		L3 sprint int	0:35:		8 x 30 sec	12 x 10 @ 95%	Power 1	
	16	9	easy	11-Aug		Easy (can add L3 or L4)			3 x 10 x 30 sec	12 x 10 @ 95%	Power 1	
							1:45:	0:30:	0:10			
5	17	12	Vol	18-Aug	track or L4 bound	L3, L4	0:45:	0:25:		12 x 10 @ 95%	Power 1	
47	18	14	Vol	25-Aug		L3, sprint int	0:45:		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	12	hard/ int	8-Sep	DP test	L3, test, L4 uphill run	0:50:	0:45:		12 x 10 @ 95%	Power / velocity	
							2:20:	1:10:	0:10			
6	21	11	hard/ int	15-Sep		L3, sprint int	0:35:		6 x 45 sec	15 x 10 @ 100%	Max Strength 2	
44	22	13	vol	22-Sep		L3, L4	0:35:	0:15:		15 x 10 @ 100%	Max Strength 2	
	23	9	easy	29-Sep	DP test	Easy	0:25:			15 x 10 @ 100%	Max Strength 2	
	24	11	med	6-Oct		L3, L4, Sprint int	0:45:	0:20:	6 x 45	15 x 10 @ 100%	Max strength 2	
							2:20:	0:35:	0:10			
7	25	11	int	13-Oct	Rollenski TT x2	L4, TTx2	0:40:	0:45:		15 x 10 @ 100%	Max Strength 2	
44	26	9	easy	20-Oct		Easy (L3 or L4)			5 x 60 sec	15 x 10 @ 100%	Max Strength 2	
	27	11	med int	27-Oct		L3, L4, Sprint int	0:45:	0:25:	6 x 45	15 x 10 @ 100%	Power2	
	28	13	hard	3-Nov	maybe TT?	L3, sprint int	0:50:	0:20:	20-30 x 30 sec	12 x 10 @ 95%	Power 2	
							2:15:	1:30:	0:20			
8	29	14	vol	10-Nov		L3, sprint int	0:45:	0:20	8 x 45 sec	12 x 10 @ 95%	Power 2	
48	30	10	easy	17-Nov		Easy (L3 or L4)	0:25:			12 x 10 @ 95%	Power 2	
	31	14	vol	24-Nov	TT	L3, TT, sprint int	0:40:	0:30:	2 x 8 x 30 sec	12 x 10 @ 95%	Power 2	
	32	10	easy	1-Dec		Race	0:20:	0:15:		15 x 10 @ 100%	Velocity / Maintenance	
							2:10:	1:05:	0:15			
	361					Prep period totals	15:35:	6:55:	1:22			
9	33	9	race	8-Dec						15 x 10 @ 100%	Velocity / Maintenance	
42	34	11	easy/mid	15-Dec						15 x 10 @ 100%	Velocity / Maintenance	
	35	12	easy/mid	22-Dec						15 x 10 @ 100%	Velocity / Maintenance	
	36	10	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	
42	38	12	easy/med	12-Jan						15 x 10 @ 100%	Maintenance	
	39	9	race	19-Jan						15 x 10 @ 100%	Maintenance	
	40	11	med	26-Jan						15 x 10 @ 100%	Maintenance	
							0:00:	0:00:	0:20			
11	41	12	race	2-Feb		Peak				15 x 10 @ 100%	Maintenance	
43	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	11	vol	2-Mar						12 x 10 @ 100%	Maintenance	
41	46	11	med	9-Mar						12 x 10 @ 100%	Maintenance	
	47	10	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	8	easy	30-Mar								
21	50	4	easy	6-Apr								
	51	4	easy	13-Apr								
	52	5	easy	20-Apr								
							0:00:	0:00:				
YEAR TOTAL												
	550					INTENSITY TOTAL	15:35:	6:55:	2:12			
						EST TOTAL	24	16				