

**NORDIC SKI SCHEDULE:  
November 26 through December 2**

Day/Date	Workout/Goal	GROUP A	GROUP B	GROUP C
Monday, November 26	NEW 6, 7 <sup>th</sup> and 8 graders-- Welcome! info/lockers/equipment JV and Varsity (CL) Level 1-3 workout: 3:05 Warm-up 15' jog. Meet at 3:20 at the rock. Main Set: Ski Specific Drills 60' CL and SK ALL: Meet 4:30 café- plyos/abs/stretch	60-75' Rollers uphills, DP Classic. 8 X	50' technique- -CL	30-45' Includes 30' technique--CL
Tuesday, November 27 (RENTALS PASSED OUT)	SP (SK) L3-4+ Workout: Intervals. 50' Speed Intervals, Duck- walk intervals, hills and flats. Active recovery.  Abs Routine 15'	8 X 100 m speed 3X 3'duck- walk flats RI 2' 5x 3' duck walk hills. RI 2'	6X 100 m Speed 3X 3'duck- walk flats RI 2' 3x 4' duck walk hills. RI 3'	6X 100 m Speed 3X 3' duck- walk flats RI 2' 2x 4' duck walk hills. RI 4'
Wednesday, November 26	OD L1-2 (CL). 70% double poling, 30% dp w/kick. Explosive speed drills. Meet 4:30 café-- abs/stretch	90" Rollers SK no poles, 60' DP, 30'	Pole Hike/Run Continuous Cardio 60-75'	Pole Hike/Cardio 40- 50'
Thursday, November 29	AT workout (L4) warm up and cool down. Steady State  Stretch/Abs Routine	Run 50' w/ 20' at L4.	40' w/15' at L4.	30' w/ 10' at L4.
Friday, November 30 (WAXING DEMO)	RE Rollerski 60' (CL) Video and Technique Drills to follow. double poling (dp) and dp w/kick classical form work. Games--- Meet 4:30 café plyos/abs/stretch	Rollerski CL 60' Level 1- 2. Form work.	Rollerski or in-line CL 45' Level 1-2. Form work.	Rollerski CL 30' Level 1-2. Form work.
Saturday, December 1	OD (SK and/or CL) Ski, Alt: Rollerski or Run w/poles) level 1-2 workout.  Stretch/abs. Routine	120-150' L1- 2. Technique, EZ uphills, hard effort on flats.	According to Choice: up to 90'	According to Choice: up to 65'
Sunday, December 2	Off or level 2-3, 30-50' Include 6x 10" explosive sprints and 3X 5' tempo w/3' RI Abs Routine. Be ready for a Hard workout on Monday.	Choice	Choice	Choice

## Abbreviations Key

### Time:

65' means: "65 minutes" or, "1 hour and 5 minutes."

30" means: 30 seconds

RI means "rest interval" the rest segment between a set of efforts.

### Intervals:

(INT) Example: 2X 3' w/2' RI means, "2 times 3 minute intervals (hard) with 2 minutes Rest Interval between sets."

### Effort Levels:

L1(lowest) = very easy and aerobic.

L2= Slightly harder than 1.

L3= On the edge of uncomfortable, steady paced, aerobic threshold. Tempo pace.

L4= Uncomfortable, "no-talk" effort. Anaerobic threshold.

L5(highest) = All out, race effort, max. AT, or explosive sprint.

### Formats:

TQ= Technique drills

INT = Intervals

OD = Over-distance (long, easy effort)

AT = Anaerobic Threshold

RP = Race Pace

RE = Recovery effort or recovery.

OYO = On Your Own

### Technique:

CL = Classic Technique

SK = Skate Technique

DP = Double pole

DP w/K= Double Pole with Kick

XT = Cross Train