

SERVICE HS SKI TEAM'20-21

| DATES | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|----|---|---------------------------|--------------------------------------|--|--|-----------------------|-------------------------|
| 12/21-12/27 | AM | Classic including 20' w/poles +10*30'' Hard DP grad uphill/easy back | Skate including 4*4'/L4 | Skate-distance including 20' w/poles | active recovery/ jogging stretching- 20' | Classic including 4-6*30''/Hard DP(Uphill+SP w/o legs on the flat(Service Jct-C. cornet-Service JCT) | Skate-distance 2hrs | OFF or Saturday workout |
| | PM | run 30'/L1-+ Strength -30' | | run 30'/L1-+ Strength -30' | | Run-45'+ 10' CS | | |
| 12/28-1/03 | AM | skate including 20' w/o poles +10*30'' Hard w/o poles grad uphill/easy back | Classic including 4*4'/L4 | Skate-distance including 20' w/poles | active recovery/ jogging stretching- 20' | Skate including 6*1' hard w/o poles grad uphill(hard-2' easy rest)+6*1' DP/hard/2' rest) | Classic-distance 2hrs | OFF or Saturday workout |
| | PM | run 30'/L1-+ Strength -30' | | run 30'/L1-+ Strength -30' | | Run-45'+ 10' CS | | |

| Strength-Winter | | | |
|--|----------|------|------|
| Exercise | T/% | Reps | rest |
| 1. Knee raising on the bar with weights on the legs | 10-15x | 2 | 1' |
| 2. Box or stairs jumps | 1' | 2 | 1' |
| 3. Dips 75% of max | 50% | 2 | 1' |
| 4. Knee raising on the bar with weights on the legs | 10-15x | 2 | 1' |
| 5. Squats on the one leg (2x on each leg) / or squats with weight bar 80-100lb | 5 or 10x | 1 | 30'' |
| 6.. Knee raising on the bar with weights on the legs | 10-12x | 2 | 1' |
| 7. Dips 75% of Max | 50% | 2 | 1' |
| 8. Box or stairs jumps | 1' | 2 | 1' |
| 30' -40'strength | | | |

| Key: | |
|------|------------|
| 20' | 20 minutes |
| 20'' | 20 seconds |

| | |
|------|----------------------------------|
| AHR | Average Heart Rate |
| AT | Anaerobic Threshold |
| CS | Core Strength |
| DP | Double Poling, bungee, roll, ski |
| HB | Hill bounding |
| HB-P | Hill bounding with poles |
| HK | High knee |
| HR | Heart rate |
| MHR | Max Hear rate |
| PJ | Power jumps |
| PS | Power speed |
| SP | Single poling, Bungee, roll, ski |
| VU | Vups |