

SERVICE HS SKI TEAM'22-23

Skiing-workouts:

DATES		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12/26-1/01/23	AM	Classic, including 4-6 *(1'DPI'easy+1'SP) 5' easy between	Skate, including 4-5*1km /L4/4' rest (C. Corner-Coaches Cut off	Skate-distance, including 2*15' w/poles /Total 90'	Classic-60' recovery super easy	Skate, including 2*6'/L3/3' rest between+1-' easy +6*15/15+5' easy+4*30/30"	Skate or classic - distance maybe Spencer/Total:120'	OFF
	PM	Run 30'+20' CS		Run 30'+30'Strength		easy recovery run		
1/02-1/08	AM	Classic, including 12*1' max speed/2' easy back (grad uphill)	Skate, including 3*10'/L3/5' easy between	Skate-distance, including 2*15' w/poles /Total 90	Skate-60' recovery super easy	Classic, including 4*1km/L4/4' rest between (C. Corner-Coaches Cut off)	Skate or classic - distance maybe SpencerTotal:120'	OFF
	PM	Run 30'+20' CS		Run 30'+30'Strength		easy recovery run		

Dryland workouts/warm places

DATES		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12/26-1/01/23	AM	Run-30'+4-5*(3*12 dips+1' Classic jumps+1' +15PU+20 Sit-ups)	Rn, including 4*4'/L4/4' rest	Swim game or hike	Swim games or easy run	Run-30'+-5*(3*12 dips+1' Skate jumps+1' +15PU+1' Classic jumps)	Hike or swim or bike-distance	OFF
	PM	Run 30'+20' CS		Run 30'+30'Strength		easy recovery run		
1/02-1/08	AM	Run-30'+4-5*(3*12 dips+1' Classic jumps+1' +15PU+20 Sit-ups)	Run, including 3*8'/L3/3' rest between	Swim game or hike	Skate-60' recovery super easy	Run-30'+-5*(3*12 dips+1' Skate jumps+1' +15PU+1' Classic jumps)	Hike or swim or bike-distance	OFF
	PM	Run 30'+20' CS		Run 30'+30'Strength		easy recovery run		

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.. Pull-ups or PU	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	V-ups