

## Training Plan Breakdown & Periodization

Training plans are specific to the individual. Reaching your peak performance differs athlete to athlete. Also to note, training plans are guidelines! The most important thing an athlete can do while training and preparing for his/her race season is to listen to his/her body and respond appropriately. Ski training and the components can be very complicated. The most important thing when it comes to training is progression and consistency.

My advice: Keep it simple. Focus on your main goal.

Step 1: Come up with a SMART goal.

Specific, measurable, attainable, realistic, timely

Step 2: Look at your life schedule. What's a realistic amount of training per week?

Step 3: With your life schedule and your goal in mind, start to break down a weekly plan for yourself.

What should be included in a weekly plan?

### 5 key training components

- Volume (endurance, level 1 and 2)
- Strength (general and specific)
- Intensity (level 3 and 4, racing)
- Speed (maximal effort sprints)
- Recovery (nutrition, sleep, stretching, off days, listening to your body, managing injuries, managing stress)

### Other key factors

- Technique (skate and classic, efficiency is key, know how to run!)
- Training modality (ski, rollerski, bike, run, paddle, swim)
- Mindset/Mental Training
- Progression and consistency = periodization, to reach peak performance

\*Appropriate amount of stress vs. recovery

Summer – big volume, level 3 intervals, long distance endurance workouts, strength 2-3 days per week

Fall – mid volume, and intensity, level 3 and level 4 focus, sustained level 3 workouts, intensity becomes more frequent, strength 2 days per week

Winter – intensity, race effort, tapering, should taper at least 2 weeks prior to main event, light strength 1 day per week

Intensity – avoid multiple back to back days until race season

Strength – 48 hours between strength sessions

Volume – at least 1 OD per week, if doing Birkie this means 2-3+ hours

Recovery – definitely 1 day off per week, possibly 2 days depending on week focus, age, and schedule (off day means completely off)

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