

## CANSKI xc ski training 4 day program (D. Liphart)

The following checklist is adapted from comments made by Steinar Mundal and John Aalberg:

Checklist for the week for high level Masters athletes:

- \_\_ 1. A long, (very) easy distance session of 1.5 - 3 hours. Single stick or walk the hills if you need to in order to keep the heart rate down.
- \_\_ 2. A short distance session (45 min.+) with some technique work and some changes in cadence (for instance 5-6 x 10-20 second accelerations (could include your tougher hills) and some double poling for strength.
- \_\_ 3. Warm up and strength (ski, run, or aerobics, or stationary bike for warm up)
- \_\_ 4. Intervals in the form of long intervals (3-6 x 3-6 minutes or 1-2Km), natural intervals (harder pace on hilly terrain), or systematic intervals (1,2,3,4,4,3,2,1 min. with equal rest - best done just before your end of the season peak race). These should be done at race pace for your races (20-25Km?), not all out sprint. The systematic intervals would be a little faster. They should go no longer than 15-30 minutes, be done only as fast as allows good form, and be preceded by a good, easy warm-up.
- \_\_ 5 Competition or “U-pick” day.

Notes: It is important to have fun while you are skiing. Many of these elements can be worked into your normal “go out and ski” routine without making you feel like you are training “hard core” every minute or hour of training. If you customarily hammer your distance day, then work your speed or interval day or a time trial into your distance day, but take another day easy to make up for it. Natural intervals follow a warm-up and use variation in terrain to determine heart rate and intensity. They should be skied hard, but not into the lactic zone. Some people prefer this to other types of intervals.

Some weeks should be more intense than others. Some weeks should be longer than others, though work and school schedules may prevent any large variation. Try for one week each month that is significantly (20 – 30%) longer, but very low intensity. Always factor in life and adjust training/skiing as necessary and practical. Figure that once every week or 10 days something is going to force you to throw out the plan for the day.

Ski with passion!!! Have fun!!!

Total weekly hours = 4-8.

Book Across The Bay or Kortie plan for those with limited hours:

\*1 easy day of 1 – 1.5 hours (flat terrain)

\* 2 days of 30 minutes (1 of them on hilly terrain) + sit ups and stretch

Note: Total weekly hours = 2.5 – 3