

Jan Trg

	Mon 16 off	Tues	Wed	Thurs	Fri	Sat	Sun 22nd
HS Race		x			0.75		
Ldist Z1			1.5 -2hr			x (1hr)	
Club Race							x Muskoka
Z3 Interval				x (.5)			
Str/core				x(5)		x	
Keep up running 2-3 x's per week 20mins each could use as warmup to core/str							

	Mon 23 off	Tues	Wed	Thurs	Fri	Sat	Sun 29
HS Race							
Ldist Z1			1.5 - 2hr	.75hr	1hr		1.5
Club Race						Mono	
Z3		x.5hr					
Z4				x .25hr			
str/core		x .5		x .5hr			
Z4 approx 1min in length, practice starting and high tempo skiing							

	Mon 30 off	Tues	Wed	Thurs	Fri	Sat	Sun F 5
HS Race				x?			
Ldist Z1			1 - 1.5		0.75		
Club Race					Easterns	Ottawa	Ottawa
Z3							
Z4		x .5hr					

Notes:

Keep running legs ie 2 to 3 times per week (use as warmup to strength or core)