



Athletes need to bring all modes of training equipment to each session (rollerskis, skate and classic, running shoes and bounding poles). Athletes must have the correct attire for the weather with a dry shirt to change into after training, and a bright top for rollerskiing. The total hours next to each week is a range from beginners to our elite athletes. You should try and stay with in that range every week. A more detail hour schedule can be found in the training plan hours document for the yearly break down of what your training hours should look like for each hour plan. If you have questions please reach out to a coach.

### EAGLE RIVER ANR TRAINING OCTOBER 2020

DAY	DATE	TIME	LOCATION	FOCUS
<b>Week 23 (High)- Total Hours: 12.75-19.5</b>				
Mon	9/28	3:00	Eklutna	Classic specific strength distance ski (valley Joins)
Tue	9/29	2:30	CHS	Distance Run/ Strength (Stan to valley)
Wed	9/30	OYO	OYO	Distance ski, bike, run w/a couple pick ups
Thu	10/1	2:30	CHS	Classic intervals lv3
Fri	10/2	2:30	CHS	Skate distance ski, no pole work/Strength (SRL to Valley)
Sat	10/3	OYO	OYO	OD ski bike run
Sun	10/4	OFF	OFF	
<b>Week 24 (Recovery)-Total Hours: 7-10</b>				
Mon	10/5	2:30	CHS	Strength/Classic Roller ski
Tue	10/6	2:30	Lorretta French	Core/ Running/ Bounding (SRL to Valley)
Wed	10/7	OYO	OYO	Distance Run Lv1 90-120min
Thu	10/8	2:30	CHS	Strength/skate Distance
Fri	10/9	2:30	CHS	Skate Distance/ Speeds (Stan to valley)
Sat	10/10	OYO	CHS	OD rollerski w/30 DP and 30 min NO Poles
Sun	10/11	OFF	OFF	
<b>Week 25 (Low)- Total Hours: 9.25-14.5</b>				
Mon	10/12	3:00	CHS	Run Lv 3 intervals (4-5 X 6-8 min on time) / Strength
Tue	10/13	2:30	CHS	Core/Classic Specific Strength/ Speeds Starts (SRL to Valley)
Wed	10/14	OYO	OYO	Distance Ski or run lv1 90-120 min
Thu	10/15	2:30	Roe Way	Classic rollerski Intervals (Group Sprints)
Fri	10/16	2:30	CHS	Skate Distance/ Technique/ Strength (Stan to valley)
Sat	10/17	OYO	OYO	OD ski or Hike 90-180min
Sun	10/18	OFF	OFF	
<b>Week 26 (Medium)- Total Hours: 11.25-17</b>				
Mon	10/19	2:30	Eklutna	Skate Lv 3 Intervals
Tue	10/20	2:30	CHS	Strength/ running with poles (Stan to valley)
Wed	10/21	OYO	OYO	Distance Ski/ or run with 6x10 sec pick ups (90-120min) (SRL to Valley)
Thu	10/22	2:30	TBD	Classic SNOW SKIS on Grass and running
Fri	10/23	3:00	Crevasse Merrain	Bounding Intervals Lv3/Lv4 (4-6 min on time)(SRL to Valley)
Sat	10/24	OYO	OYO	OD Roller Ski 30min no pole (90-180min)
Sun	10/25	OFF	OFF	
<b>Week 27 (High)- Total Hours: 13.75-19.25</b>				
Mon	10/26	2:30	CHS	Strength/ Running
Tue	10/27	2:30	CHS	Double Pole TT distance ski classic (SRL to Valley)
Wed	10/28	OYO	OYO	Distance ski or run 1.5-2hrs (Stan to valley)
Thu	10/29	2:30	CHS	MAX Strength/ Spent/Run
Fri	10/30	2:30	CHS	Skate distance- Transition work (Stan to valley)
Sat	10/31	OYO	OYO	OD Ski or Hike/Run 1.5hrs-3hrs
Sun	11/1	OFF	OFF	
<b>Week 28 (Recovery)- Total Hours: 7.5-11</b>				
Mon	11/2	3:00	Arctic Valley	Arctic Valley TT (valley Joins)
Tue	11/3	2:30	CHS	Skate distance day AGILITY (SRL to Valley)
Wed	11/4	OYO	OYO	Easy distance run or roller ski (90-120min)
Thu	11/5	2:30	CHS	Strength Test?
Fri	11/6	2:30	CHS	Strength/classic roll specific strength (Stan to valley)
Sat	11/7	OYO	OYO	Hatcher pass ski if snow or OD roller ski or run(1.5-3hrs)
Sun	11/8	OFF	OFF	
<b>Week 29 Low- Total Hours:</b>				
Mon	11/9	2:30	CHS	Skate or running Intervals Lv3 (weather dependent) Pyramid Intervals
Tue	11/10	2:30	CHS	Strength/Distance ski or Run
Wed	11/11	OYO	OYO	Distnace Run or ski 1.5-2hrs with 8-10 picks ups
Thu	11/12	2:30	CHS	classic double pole with start/ Strength
Fri	11/13	2:30	CHS	Lv 4 running Intervals
Sat	11/14	OYO	OYO	Hatcher pass ski if snow or OD roller ski or run(1.5-3hrs)
Sun	11/15	OFF	OFF	