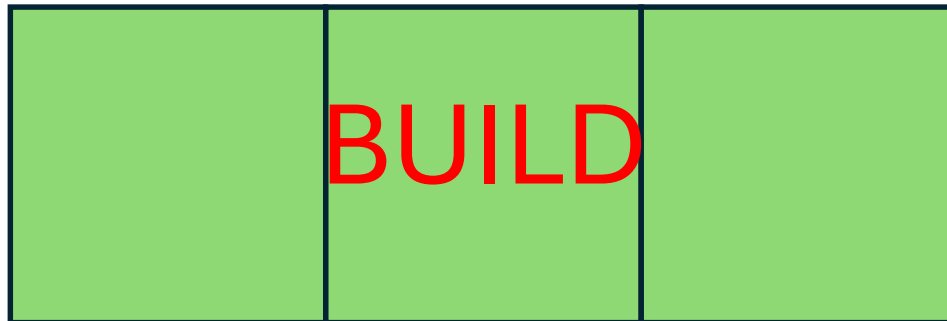
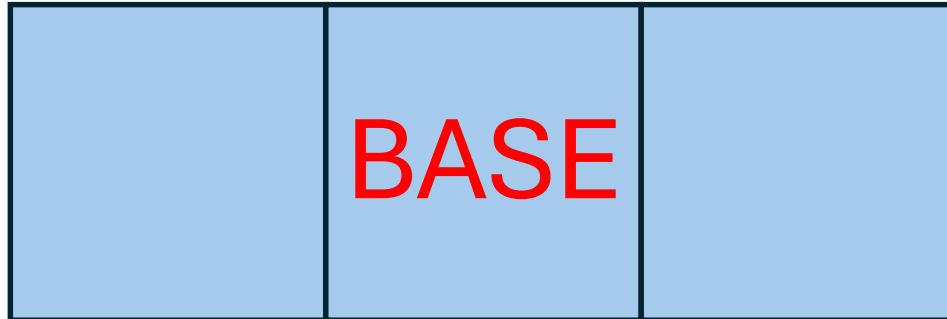


Three phases of training (3 x 12 weeks)



Do

Stick to the plan

Remain
flexible/adaptable

Listen to your body

Rest and recovery is part
of the plan. (Consistent
cycle of stress the body,
then recover).

Fuel for the exercise

Don't

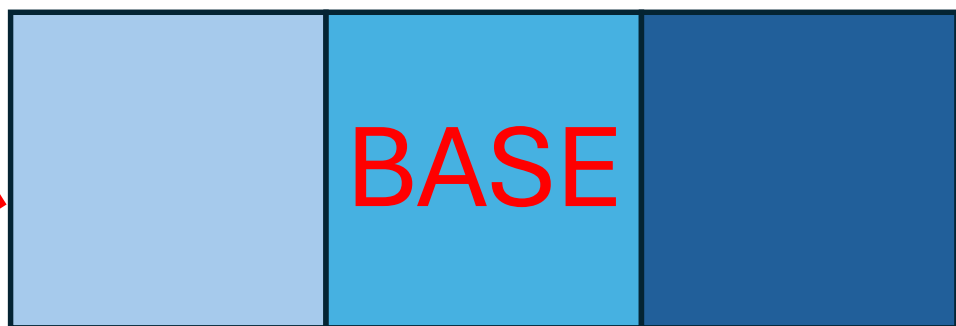
Make up for lost
sessions

Train through injuries

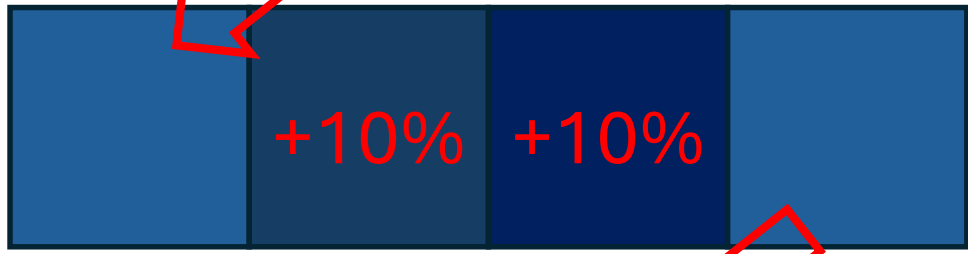
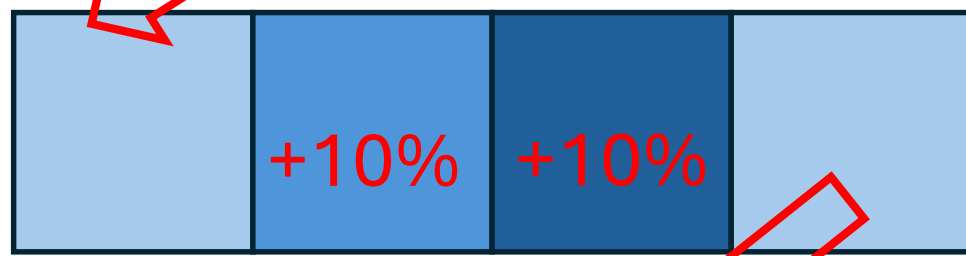
Stuff it all into the end of
the week

Make up for two missed
'easy' sessions by doing
one big hard one!

**THREE
CYCLES OF
FOUR
WEEKS**



3 – 4 ski sessions per week



Workout colour zones			
Zone	Type of workout	Intensity RPE/%max HR	Time
Green	Low intensity, short duration	2-4/60-74	<30 min
Blue	Low intensity, long duration	2-4/60-74	>30 min
Purple	Medium intensity, short duration	5-7/75-89	<30 min
Yellow	Medium intensity, long duration	5-7/75-89	>30 min
Orange	High intensity, short duration	7-10/85/100	<30 min
Red	High intensity, long duration	7-8/85-94	>30 min

Rating your level of exercise intensity using the Borg RPE scale

Perception of effort	Borg RPE	Talk scale
Minimum intensity	1	Singing (full songs)
Low intensity	2-3	Talking (telling stories)
Low to Medium intensity	4	Talking (sentences)
Medium intensity	5-6	Clear thinking (limited talking)
Medium to High intensity	7	Focus only on the task of training
High intensity	8-9	Working very hard
Maximal intensity	10	Not going to last long



220 – YOUR AGE = HR max

	RPE 2-3				RPE 5-7				RPE 7-10			
Max HR	60%	74%	60%	74%	75%	89%	75%	89%	85%	100	85%	94%
150	90	111	90	111	113	134	113	134	128	150	128	141
160	96	118	96	118	120	142	120	142	136	160	136	150
170	102	126	102	126	128	151	128	151	145	170	145	160
180	108	133	108	133	135	160	135	160	153	180	153	169
190	114	141	114	141	143	169	143	169	162	190	162	179
200	120	148	120	148	150	178	150	178	170	200	170	188

Resource:

- If you asked for a copy of the exercise programmes, they all come from a book called 'Fitness Cross-Country Skiing' by Steven E Gaskill. It was published in 1998, and training programmes have advanced since then, but it is an excellent place to start, if your goal is to have a plan to get fitter.