



Cornell Nordic Training Plan May



Notes

Heart rate Zones: L1 40-50% (3+ hours), L2 50-60% (2-3 hours), L3 60-75% (1 hour), L4 75-90% (20 minutes), L5 90-100% (3 minutes). Percentages based on max heart rate. How to find your max heart rate: $[211 - (0.64 \times \text{Age})]$. Time should be MAX time you can hold. Should be exhausted at end.

Workouts: Have a goal/focus for each session (ex. technique, endurance, speed). Mindless training wastes time. If you have any questions, contact a captain.

Strength training: Train explosive movements and skiing specific muscles. If you have access to weights use them, if not, do bodyweight exercises. 10 min of core 4 days/wk.

Technique focus: Start with a 30-minute ski, then work on a specified technique. Do 30 minutes at a time of a specific skill, first working on getting it correct, then moving to higher speed.

Plan Design: This training plan is designed to build over time. If you miss a day, do not try to make it up the next day by adding more to that days activity. This is a suggested plan. Re-order it and change it to make it work for you. Make sure you are: 1) keeping the training fun and 2) getting adequate recovery. Recovery is essential.

Classic Skis?: if you don't have a pair of classic rollerski, do skate instead, and force yourself to double pole on flats, downhill, and some uphill.

Week 4/21 – 4/27								Total Time
	Sunday 4/28	Monday 4/29	Tuesday 4/30	Wednesday 5/1	Thursday 5/2	Friday 5/3	Saturday 5/4	
AM				off	off	off	1-2 hours L1 cross training	
PM				1 hour L1 running or cross-training	1 hour L1 Skate	Frisbee Friday	Fordic!	
Week 5/5 – 5/11								
	Sunday 5/5	Monday 5/6	Tuesday 5/7	Wednesday 5/8	Thursday 5/9	Friday 5/10	Saturday 5/11	
AM	off	off	1 hour Strength Training	Slope day	off	Technique focus Skate: V1 on the left and right (include hop if ambitious)	1 hour Strength Training	
PM	off	Technique focus Classic: 1-1.5 hour L1 ski focusing on mock setting wax pocket	1 hour L1 running or cross-training		Classic Workout: L3 intervals 4-6 x 4 min with 3 min recovery	Frisbee Friday	1-2 hours L1 cross training	
Week 5/12 – 5/18								
	Sunday 5/12	Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17	Saturday 5/18	
AM	off	off	Classic Workout 15-20 min L4 (all out). 1-1.5 hour total	off	Skate Workout: 4-8 hill repeats (aim for 15-20 min of effort)	off	off	
PM	off	1-1.5 Hour L1 skate ski focusing on hips shifting	1 hour strength training	1 hour L1 running or cross-training	1 hour strength training	Technique focus Classic: shifting hips over ski	1-2 hours L1 cross training	
Week 5/19 – 5/25								
	Sunday 5/19	Monday 5/20	Tuesday 5/21	Wednesday 5/22	Thursday 5/23	Friday 5/24	Saturday 5/25	
AM	off	off	off	1 hour Strength Training	off	off	1 hour Strength Training	
PM	off	off	Skate Workout: L4-L5 Ladder 1 min up to 4 min and back down to 1 min	1-1.5 hour L1 running or cross-training	Classic Workout: 3-6 x 10 min L3, recover until HR returns to bottom L1 (~115?) (should feel recovered, not out of it)	Technique focus Skate: ab crunch or hope onto each ski	1-2 hours L1 cross training	
Week 5/25 – 6/1								
	Sunday 5/26	Monday 5/27	Tuesday 5/28	Wednesday 5/29	Thursday 5/30	Friday 5/31	Saturday 6/1	
AM	off	off	1 hour strength training	off	Skate Workout: 12X 1 min L5 with 1.5 min recovery. Total 1-2 hour ski	off		
PM	off	1.5-2 Hour L1 skate ski focusing on V2	Classic Workout: 4-8 hill repeats (aim for 15-20 min of effort), recovery downhill - should not be fully recovered	1-1.5 hour L1 running or cross-training	1 hour strength training	Technique focus Classic: Double pole and Double pole-kick		



Cornell Nordic Training Plan June



Week 5/26 – 6/1								Notes:
Sunday 5/26	Monday 5/27	Tuesday 5/28	Wednesday 5/29	Thursday 5/30	Friday 5/31	Saturday 6/1		
AM							1 hour strength	
PM							1-2 hours L1 cross training	
Week 6/2 – 6/8								Training plans are generally designed in 4 week blocks. The first three weeks consist of training that steadily increases in volume. The fourth week is considered the recovery week, when training is reduced to at least 60% of what you were previously doing. During each four week block, volume increases from the block before. This week is your rest week. Please use it as one.
Sunday 6/2	Monday 6/3	Tuesday 6/4	Wednesday 6/5	Thursday 6/6	Friday 6/7	Saturday 6/8		
AM	Off	Off	Off	Off	Off	Off		
PM	Off	1 hour easy classic rollerski	1 hour activity of choice. Have fun!	1 hour easy skate rollerski w/1 minute X 12 L5 w/1.5 minute recovery	1 hour strength training	1 hour L2 classic rollerski	Activity of choice, do something you enjoy! Have fun! Ex (tennis, swimming, kayaking, hiking, soccer, etc)	
Week 6/9 – 6/15								Aim for ~11 hours of training this week Cross training is same thing as activity of choice. Have fun with it!
Sunday 6/9	Monday 6/10	Tuesday 6/11	Wednesday 6/12	Thursday 6/13	Friday 6/14	Saturday 6/15		
AM	Off	1 hour skate ski w/1 min X 12 L5 uphill sprints	1 hour L2 cross training	2 hour pole bound: 15 minutes X 4 L3 w/5 min active recovery in between. 20 min warmup and 20 min cooldown.	1 hour L2 cross training	2 hours classic ski w/5min X 4 L4 w/3 min recovery	2 hour long easy skate ski	
PM	Off	Off	1 hour strength	Off	1 hour strength	Off	Off	
Week 6/16 – 6/22								Aim for ~12 hours of training this week For all these weeks, try to do 10 minutes of core 4 nights during the week. If need a suggestion on what core to do or a weight lifting routing, please reach out to Molly Heinzelman (mheinzelman05@gmail.com)
Sunday 6/16	Monday 6/17	Tuesday 6/18	Wednesday 6/19	Thursday 6/20	Friday 6/21	Saturday 6/22		
AM	Off	1.5 hour classic ski w/1 min X 12 L5 uphill sprints	1 hour L2 cross training	2 hour pole bound: 20 minutes X 3 L3 w/3 min active recovery in between. 20 min warmup and 30 min cooldown.	1 hour L2 cross training	2 hours skate ski w/5min X 4 L4 w/2 min recovery	2.5 hour long easy classic ski	
PM	Off	Off	1 hour strength	Off	1 hour strength	Off	Off	
Week 6/23 – 6/29								Aim for ~13 hours of training this week If you have to rearrange the days to work better for your schedule, that is fine, just try to avoid having the intervals back to back. It is actually good training to have the intervals and weight lifting on the same day (do intervals first), so if that works better with your schedule, don't be afraid to do that!
Sunday 6/23	Monday 6/24	Tuesday 6/25	Wednesday 6/26	Thursday 6/27	Friday 6/28	Saturday 6/29		
AM	Off	2 hour skate ski. Find a big hill and do 10 L4 intervals all the way to the top, making sure to rest over the top	1 hour L2 cross training	2 hour classic ski w/20 min, 15 min, 10 min, 5 min L3 w/ 4 min, 3 min, 2 min recovery	1 hour L2 cross training	2 hour classic ski w/20 minute all out-race pace (L4 going into L5)	3 hour long easy skate ski	
PM	Off	Off	1 hour strength	Off	1 hour strength	Off	Off	
Sunday 6/30								With any questions, please reach out to Molly Heinzelman (mmh289@cornell.edu)
Sunday 6/30								
AM	Off							
PM	Off							



Cornell Nordic Training Plan July



Week 6/30 – 7/6

	Sunday 6/30	Monday 7/1	Tuesday 7/2	Wednesday 7/3	Thursday 7/4	Friday 7/5	Saturday 7/6	
AM		Off	Off	Off	Off	Off	Off	Recovery week! Aim for ~8 hours of training this week
PM		1 hour skate ski w/12 X 1 min L5 w/1.5 minute recovery	2 hour easy cross training	1 hour strength	2 hour easy cross training	1 hour strength	1 hour classic training w/ 30 sec double pole L5 X 10 w/30 sec recovery	

Week 7/6 – 7/13

	Sunday 7/7	Monday 7/8	Tuesday 7/9	Wednesday 7/10	Thursday 7/11	Friday 7/12	Saturday 7/13	
AM	Off	2 hour classic ski w/45 minutes L3 (threshold pace)	1 hour L2 cross training	2 hour pole bound w/1 min L5 X 12 w/ 1.5 min recovery. Focus on technique today.	1 hour L2 cross training	2 hour skate ski w/3, 5, 7, 9 min L3 and back down the ladder w/ 2, 3, 4 min recovery in between	3 hour long easy classic ski	Aim for ~13 hours of training this week
PM	Off	Off	1 hour strength training	Off	1 hour strength training	Off	Off	

Week 7/14 – 7/20

	Sunday 7/14	Monday 7/15	Tuesday 7/16	Wednesday 7/17	Thursday 7/18	Friday 7/19	Saturday 7/20	
AM	Off	2 hour skate ski w/ 5 min L3 w/5 min recovery	1 hour L2 cross training	2 hour pole bound w/1 hour L3 (threshold pace). Should be exhausted by the end.	1 hour L2 cross training	2 hour classic ski w/ 5 min X 4 L4 w/3 min recovery	3 hour long easy skate ski	Aim for ~14 hours of training this week
PM	Off	Off	1.5 hour strength	Off	1.5 hour strength	Off	Off	

Week 7/21 – 7/27

	Sunday 7/21	Monday 7/22	Tuesday 7/23	Wednesday 7/24	Thursday 7/25	Friday 7/26	Saturday 7/27	
AM	Off	2 hour skate ski w/ 5 min, 10 min, 15 min, 20 min L3 w/ 2 min, 3 min, 4 min recovery + then back down the ladder	1.5 hour L2 cross training	2 hour pole bound w/15 uphill L5, starting at bottom of hill and cresting over top. Recovery is bound back down	1.5 hour L2 cross training	2 hour classic ski w/25 min all out race pace (L4-5)	3 hour long easy skate ski	Aim for ~15 hours of training this week
PM	Off	Off	1.5 hour strength	Off	1.5 hour strength	Off	Off	

Week 7/28 – 8/3

	Sunday 7/28	Monday 7/29	Tuesday 7/30	Wednesday 7/31	Thursday 8/1	Friday 8/2	Saturday 8/3	
AM	Off	2 hour classic ski w/1 min X 12 L5 w/1.5 min recovery	1 hour L2 cross training	2 hour easy skate ski				Recovery week! Aim for ~9 hours of training this week
PM	Off	Off	Off	Off				



Cornell Nordic Training Plan August



Week 5/26 – 6/1								
	Sunday 7/28	Monday 7/29	Tuesday 7/30	Wednesday 7/31	Thursday 8/1	Friday 8/2	Saturday 8/3	
AM					1 hour L2 cross training	2 hour skate ski w/2 min X 5 L5 intervals w/1 min recovery	1 hour L2 cross training	
PM					Off	Off	Off	
Week 6/2 – 5/11								
	Sunday 8/4	Monday 8/5	Tuesday 8/6	Wednesday 8/7	Thursday 8/8	Friday 8/9	Saturday 8/10	
AM	Off	2 hour skate ski w/6 min X 4 L4 w/3 min recovery	1.5 hour L2 cross training	2 hour of the impossible mile (1 lap of burpees, 1 of lunges, 1 of frog hops, and 1 of running)+ bleachers/stair sprints	1.5 hour L2 cross training	2 hour classic ski w/10 min L3 X 6 w/3 min of recovery	3 hour long easy skate ski	Aim for ~15 hours of training this week
PM	Off	Off	1.5 hour strength	Off	1.5 hour strength	Off	Off	
Week 4/21 – 4/27								
	Sunday 8/11	Monday 8/12	Tuesday 8/13	Wednesday 8/14	Thursday 8/15	Friday 8/16	Saturday 8/17	
AM	Off	2 hour classic ski w/5 min X 6 L4 w/2 min recovery	1.5 hour L2 cross training	2 hour pole bound w/15 min L3 X 5 w/ 5 min recovery	1.5 hour L2 cross training	2 hour skate ski w/1 hour L3 threshold pace	2 hour easy skate ski	Aim for ~16 hours of training this week
PM	Off	Off	1.5 hour strength	Off	1.5 hour strength	Off	2 hour easy classic ski	
Week 4/21 – 4/27								
	Sunday 8/18	Monday 8/19	Tuesday 8/20	Wednesday 8/21	Thursday 8/22	Friday 8/23	Saturday 8/24	
AM	Orientation Week. Practice schedule will be sent in the GroupMe and over email.							
PM								
Week 4/21 – 4/27								
	Sunday 8/25	Monday 8/26	Tuesday 8/27	Wednesday 8/28	Thursday 8/29	Friday 8/30	Saturday 8/31	
AM	Instruction and official fall training begins. Practice schedule will be sent in the GroupMe and over email.							
PM								