

## **June – a little more specificity**

### **General Guidelines:**

June: Now that you have completed four weeks of basic strength and some L3 Intervals it is time to turn it up a bit. We will start by increasing the workload (not intensity) of the strength and interval sessions. The interval repetitions and/or length will increase from May and if you attend the IN training sessions we will do our intervals by ski-walking to introduce some specificity to our training. We will also start some easy plyometrics at Idaho Nordic to increase the workload of our strength sessions.

\*\*There is a strong possibility that none of you followed the May guidelines so go back and review them and start there. If you have been doing running or bike races you will have to adjust the intervals sessions to meet your own goals. Adapt the strength session as you see fit. Most important is that you are doing a regular scheduled **general** strength session through the spring and summer. We are aiming to minimize injury, correct muscle imbalances and build the foundation for more ski specific training later.

### Basic Training Week for June –

Monday – 30 minutes Strength with warm-up and cool-down  
Tuesday – 1.0 - General Distance (Road bike spin or easy flat run)  
Wednesday – Idaho Nordic Training – Plyos, Circuit Strength, L3 INT. 6 minute intervals  
Thursday – 1.0-2.0 hours MTB or Running in hills  
Friday – Off or easy 30-60 minutes  
Saturday – High L3 INT. 2.5 minute intervals (Week 1 – 7 reps, Week 2 - 6 reps, Week 3 – 5reps)  
Sunday – 1.0-2.0 hrs easy OD – on your Volume week go for an adventure and push the limits. Go for a 3+ hr session.

### **Recommended June Strength Session**

Warm-Up: 10 minutes easy jog or Nordic Trac or Jump rope

**Core:** Hold each exercise for 50 seconds

Front Plank

Right Side Plank

Left Side Plank

### **Abs:**

30 - Sit-ups (use weight on chest for resistance if needed)

20 - Back Extensions

20/side - Side Crunches

20 – Kayakers (Add Medicine Ball if needed)

\*\*Repeat Circuit 2-3 times

### **Legs:**

2\*15 - Leg Extensions

2\*15 - Hamstring Curl

2\*12 – Weighted Lunges

2\*15 – Lateral Lunge

**Upperbody:**

2\*max – Pull-ups (try to work up to 10)

2\*20 – Push-ups (use stretch cord for resistance if needed)

2\*15 – Bicep Curls

2\*20 – Tricep Press

2\*20 – Dips (Free hanging or Bench)

**Cool-down:** 5 minutes bike spinning or Nordic Trac followed by stretching hip-flexors, hamstrings, quads and upper-body.