

## **April/May – Keep the gains, warm-up to Summer**

\*\*if your last race was early February this will not pertain to you.

### **General Guidelines:**

April/May:

- Transition to your main summer sport(cycling, running) by doing base work and some tempo.
  - Keep tempo days to one day a week and try to avoid any structured level 4 intervals
- Keep some ski specific strength and general strength.

You worked hard all season and now **is** the time to preserve some of those fitness gains going into next season. Most of you will do a complete transition to your summer sport, neglecting any and all ski specific training. Your ski specific muscles will atrophy and you will be the same weakling you were a year ago. So right now make a deal with yourself to spend 30 minutes per week dedicated to a ski specific strength workout. Here is a list of 14 activities to get you through the next seven weeks until we start dry-land.

1. XC Skiing
2. Alpine Skiing
3. SkiErg - 1\*12minutes @ 85%
4. SkiErg - 5K easy
5. SkiErg – Sausage: 3\*3min, 3\*1min
6. Rollerboard – 3\*15reps @80%, 4\*6reps @100%
7. Rollerskiing – Double Pole
8. Rollerskiing – Skate without poles
9. Fruitbooting
10. Pole Hiking/Moosehufs – Hike Tablerock with poles using proper technique
11. Pole Hiking – Foothills run; easy bound/pole hike every uphill
12. Slideboard – 10\*40seconds
13. 8 minute core, 2\*20 Push-Ups, 2\*10 Pull-Ups, 2\*20 Dips
14. Paddling – not the most ski specific but better than running or cycling.

Moving into May start to get a little more structured and throw in a running or cycling race.

Basic Training Week for May –

Monday – 30 minutes Core and General Strength with warm-up and cool-down or Paddling

Tuesday – Off or easy 30-60 minutes

Wednesday – Ski Strength – SkiErg, Rollerboard, Stretch Cords etc...

Thursday – 1.0-2.0 hours MTB or Running in hills

Friday – Off or easy 30-60 minutes or Paddling

Saturday – Tempo – keep efforts short and in Level 3( Ex: 10\*500m, 7\*2.5min etc...)

Sunday – 2.0 hrs easy OD