



Idaho Nordic: 2010-2011 Winter Training Program

Wednesday Night Group Sessions & Recommended Weekend Threshold Work-outs

Idaho Nordic is strengthening the Wednesday Night Group work-outs by splitting into two groups:

Group 1 will essentially be the same as past years by following a progression interval program.

Group 2 is the new piece and will be technique focused with an introduction of progression intervals.

These short intervals are intended to improve skiing technique by pushing the skiers to maintain good technique at higher speeds and higher heart rates.

The idea to split the groups is to give club members wishing to improve, the tools to do so in a group, while still getting a quality work-out. It is also a good option for Group 1 skiers to have an alternative if they don't feel like doing the harder work-out that week.

There are two weekly work-outs posted below for both Group 1 & Group 2; the Wednesday Group workout and a suggested weekend threshold work-out to be done if not racing. The two prescribed work-outs complement each other and if followed will improve skiing performance.

For our new members that might find the work-outs confusing or overwhelming, please don't worry. We'll guide you during the Wednesday sessions and these sessions are also a good opportunity to ask questions about the terminology listed in the program.

NOTES on prescribed work-outs:

Ultimately you are in control of your work-out and you need to be the one to choose the number of interval repeats, etc.

Intervals: hard or threshold - YOU have to be smart about these workouts. We all have different levels of fitness and skiing ability. Do not do any more than you can handle or you may be digging a deep hole. The best rule of thumb for harder intervals is to quit at the point that you cannot recover between a repetition or your speed is greatly reduced from your first interval. Your body is telling you that that is enough.

During the threshold intervals, the goal is to increase your lactate threshold, meaning you are training your body to more efficiently process lactate and sustain a higher pace at an efficient level - SUCH AS A RACE. You need to pace yourself during these threshold intervals. I like to think of the pace I would ski a 20km race. I cannot go out too hard and I need to keep a high enough pace that I am indeed creating stress on my system; I could maintain the pace for :45 minutes. If you are ready to die, then you are going too hard...

...If you can speak to your training partners then you are going too easy.

DO NOT MIX intervals with a long ski day.

Just some thoughts to get you thinking.



**Group 1:
Wednesday Work-out**

date	session	warm-up / drills	intervals	warm-down
DEC 8	WED. NIGHT	warm-up / no poles :15	1x :10min threshold iii, 3 x 1min iv	:20min easy
DEC 15	WED. NIGHT	warm-up / double pole :15	30secON/30secOFF 6min x 2 to 4 sets	:20min easy
<i>Note: 30/30 are a hard effort during the on-time, but overall it is roughly a iii/iv zone workout</i>				
DEC 21	TUES. NIGHT	easy ski :15min	HOLIDAY BEER RACE	:20min easy
<i>Note: you know the drill, bring your sixer</i>				
DEC 29	WED. NIGHT	warm-up / double pole :15	30secON/30secOFF 10min x 2 to 3 sets	:20min easy
<i>note: 30/30 are a hard effort during the on-time, but overall it is roughly a iii/iv zone workout</i>				
JAN 5	WED. NIGHT	warm-up / no poles :15	3,2,1min x 1, 2, or 3 sets level iv	:20min easy
<i>Note: THESE ARE THE KEY INTERVALS OF THE YEAR</i>				
JAN 12	WED. NIGHT	warm-up / double pole :15	3min x 3, 4, or 5 repeats level iv	:20min easy
<i>Note: THESE ARE THE KEY INTERVALS OF THE YEAR</i>				
JAN 19	WED. NIGHT	warm-up / no poles :15	3min x 3, 4, or 5 repeats level iv	:20min easy
<i>Note: THESE ARE THE KEY INTERVALS OF THE YEAR</i>				
JAN 26	WED. NIGHT	warm-up / double pole :15	2min x 4, 5, or 6 repeats repeat level iv	:20min easy
<i>Note: this is a peak work-out for BMT</i>				
FEB 2	WED. NIGHT	warm-up / no poles :15	2,1min, :30sec x 2 ALL OUT v	:20min easy
<i>Note: this is a peak work-out for BMT</i>				
FEB 9	WED. NIGHT	easy ski :15min	Post-BMT BEER RACE	:20min easy
<i>Note: you know the drill, bring your sixer</i>				
FEB 16	WED. NIGHT	warm-up / no poles :15	3min x 3, 4, or 5 repeats level iv	:20min easy
<i>Note: no need for your fitness to go to waste, let's do more intervals</i>				
FEB 23	WED. NIGHT	warm-up / double pole :15	2min x 4, 5 or 6 repeats level iv	:20min easy
<i>Note: last Wed night interval work-out- make it count</i>				
MAR 2	WED. NIGHT	warm-up / no poles :15	free ski	:20min easy
<i>Note: have fun, put in a few speeds and enjoy</i>				
MAR 9	WED. NIGHT	easy ski :15min	BEER RACE 3	:20min easy
MAR 16	WED. NIGHT	free ski	free ski	:20min easy
MAR 23	WED. NIGHT	free ski	free ski	:20min easy

**Group 1:
WEEKEND WORK-OUT: Race or Threshold Work-out:**

Do a long warm-up, threshold intervals, then long warm-down:

DEC 11-12	SAT - SUN	1 x :15min threshold, 5 x :30sec speeds
DEC 18-19	SAT - SUN	Clinic on Sat.18th, Sun.19th 2 x :10min threshold
DEC 25-26	SAT - SUN	1 x :20min threshold , 5 x :30sec speeds
JAN 1-2	SAT - SUN	1 x :25min threshold , 5 x :30sec speeds
JAN 8	SAT	RACE Potato Cup - or- 1 x :25min threshold
JAN 15	SAT - SUN	RACE Teton Ridge classic or 2 x :15min threshold
JAN 22	SAT - SUN	RACE The Ranch Race at Jug Mtn. Ranch.
JAN29-30	SAT - SUN	RACE -or- 1 x :30 minute threshold
FEB 5	SAT - SUN	RACE BMT
FEB 11-12	SAT - SUN	RACE -or- 1 x :30 minute threshold
FEB19-20	SAT - SUN	RACE - TBD - or- 2 x :20min threshold
FEB 26-27	SAT - SUN	RACE - TBD - or- 2 x :20min threshold
MAR 5	SAT	RACE Rendezvous



Group 2: Wednesday Work-out

date	session	warm-up / drills	specific drill or speed:	ski
DEC 8	WED. NIGHT	warm-up / no poles :15		:30 easy ski
DEC 15	WED. NIGHT	warm-up / double pole :15	no pole drills working on strong leg push	:30 easy ski
			Note: low in legs, bend at ankle, big pushes off whole foot	
DEC 21	TUES. NIGHT	easy ski :15min	HOLIDAY BEER RACE	:30min easy
			Note: yes, group 2 will race - bring your six pack entry fee	
DEC 29	WED. NIGHT	warm-up / double pole :15	arm position and swing	:30min easy
			Note: work on efficient double pole with arms in correct position, use core	
JAN 5	WED. NIGHT	warm-up / no poles :15	30sec on/ 30sec off x :10min	:30min easy
			Note: applying technique to short speeds	
JAN12	WED. NIGHT	warm-up / double pole :15	30sec on/ 30sec off x :15min	:30min easy
			Note: applying technique to short speeds	
JAN 19	WED. NIGHT	warm-up / no poles :15	1min on/ 1min off x :20min iii	:20min easy
			Note: applying technique to interval, always be in control.	
JAN 26	WED. NIGHT	warm-up / double pole :15	3 x 2min intervals- level iv	:20min easy
			Note: real intervals, these will hurt, but pain is only temporary	
FEB 2	WED. NIGHT	warm-up / no poles :15	4 x 1min ALL OUT level iv/v	:30min easy
			Note: real intervals, these will hurt, but pain is only temporary	
FEB 9	WED. NIGHT	easy ski :15min	Post-BMT BEER RACE	:20min easy
			bring your six pack	
FEB 16	WED. NIGHT	warm-up / no poles :15	3 x 2min intervals- level iv	:20min easy
			Note: real intervals, might as well do some more intervals - good workout	
FEB 23	WED. NIGHT	warm-up / double pole :15	free group ski	:20min easy
			note: do some speeds too, :30 sec to 1min every 5 to 10 minutes	
MAR 2	WED. NIGHT	warm-up / no poles :15	free group ski	:20min easy
			note: do some speeds too, :30 sec to 1min every 5 to 10 minutes	
MAR 9	WED. NIGHT	easy ski :15min	BEER RACE 3	:20min easy
MAR 16	WED. NIGHT	free ski	free ski	:20min easy
MAR 23	WED. NIGHT	free ski	free ski	:20min easy

Group 2: WEEKEND WORK-OUT: Race or Threshold Work-out:

Do a long warm-up, threshold interval, then go ski:

DEC 11-12	SAT - SUN	1 x :10min threshold
DEC 18-19	SAT - SUN	Clinic on Sat.18th, Sun.19th 1 x:10min threshold
DEC 25-26	SAT - SUN	1 x :10min threshold , 3x :30sec speeds
JAN 1-2	SAT - SUN	1 x :15min threshold , 5 x :30sec speeds
JAN 8	SAT	RACE Potato Cup - or- 1 x :15min threshold
JAN 15	SAT - SUN	RACE Teton Ridge classic or 2 x :10min threshold
JAN 22	SAT - SUN	RACE The Ranch Race at Jug Mtn. Ranch.
JAN29-30	SAT - SUN	RACE -or- 1 x :20 minute threshold
FEB 5	SAT - SUN	RACE BMT
FEB 11-12	SAT - SUN	RACE -or- 1 x :20 minute threshold
FEB19-20	SAT - SUN	RACE - TBD - or- 2 x :15min threshold
FEB 26-27	SAT - SUN	RACE - TBD - or- 2 x :15min threshold
MAR 5	SAT	RACE Rendezvous