



## Idaho Nordic: 2012 Winter Training Program

### Wednesday Night Group Sessions & Recommended Weekend Threshold Work-outs

For 2012 sessions we are going back to the one group format, the newer skiers will learn by following along and doing a portion of the harder work-outs. This formula has worked well in the past and has successfully turned novice skiers into competitive racers. There are two weekly work-outs posted below ; the Wednesday Group workout and a suggested weekend threshold work-out to be done if not racing. This plan is a PROGRESSION INTERVAL PROGRAM - SO COMMIT TO EACH WORK-OUT TO FIND SUCCESS. The two prescribed work-outs complement each other and if followed will improve speed, technique and endurance.

We will follow a tight schedule and consistent meeting spots, so if you are running late you can always join the group.

**6:15PM**                    **GROUP MEETS IN FRONT OF LODGE - :15 minute warm-up**  
**6:30PM**                    **GROUP MEETS AT CHAIR 5/ SAPPERS JUNCTION - for prescribed work-out or intervals**  
                                 **Post Work-out warm down :10 to :15 minutes**  
**7:30PM**                    **Idaho Nordic van leaves parking lot**

For our new members that might find the work-outs confusing or overwhelming, 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 to 30km 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.



### WEDNESDAY NIGHT WORK-OUTS

| date  | session    | warm-up / drills                 | intervals                                 | warm-down   |
|---|------------|----------------------------------|---|-------------|
| DEC 7   | WED. NIGHT | Dryland in town . Pray for snow. |   |             |
| DEC 14  | WED. NIGHT | Dryland in town . Pray for snow. |   |             |
| ***IF no snow we continue dryland sessions at Fort Boise 5:45*****                                |            |                                  |   |             |
| DEC 21  | WED. NIGHT | warm-up :15                      | Bogus Challenge Race #1 5/10k             | :15min easy |
| <b>MOST LIKELY DOING DRYLAND SESSION IN TOWN</b>  |            |                                  |   |             |
| DEC 28  | WED. NIGHT | warm-up :15                      | 30secON/30secOFF 10min x 2 to 3 sets      | :15min easy |
| note: 30/30 are a hard effort during the on-time, but overall it is roughly a iii/iv zone workout |            |                                  |   |             |
| JAN 4   | WED. NIGHT | warm-up :15                      | 3,2,1min x 1, 2, or 3 sets level iv       | :15min easy |
| JAN11   | WED. NIGHT | warm-up :15                      | 3min x 3, 4, or 5 repeats level iv        | :15min easy |
| JAN 18  | WED. NIGHT | warm-up :15                      | 3min x 3, 4, or 5 repeats level iv        | :15min easy |
| JAN 25  | WED. NIGHT | warm-up :15                      | 2min x 4, 5, or 6 repeats repeat level iv | :15min easy |
| <i>Note: this is a peak work-out for BMT</i>  |            |                                  |   |             |
| FEB 1   | WED. NIGHT | warm-up :15                      | 2,1min, :30sec x 2 ALL OUT v              | :15min easy |
| <i>Note: this is a peak work-out for BMT</i>  |            |                                  |   |             |
| FEB 8   | WED. NIGHT | warm-up :15                      | BEER RACE #1                              | :15min easy |
| <i>Note: you know the drill, bring your sixer</i>   |            |                                  |   |             |
| FEB 15  | WED. NIGHT | warm-up :15                      | 3min x 3, 4, or 5 repeats level iv        | :15min easy |
| <i>Note: no need for your fitness to go to waste, let's do more intervals</i>                     |            |                                  |   |             |
| FEB 22  | WED. NIGHT | warm-up :15                      | 2min x 4, 5 or 6 repeats level iv         | :15min easy |
| <i>Note: last Wed night interval work-out- make it count</i>                                      |            |                                  |   |             |
| FEB 29  | WED. NIGHT | warm-up :15                      | Free ski                                  | :15min easy |
| Note: have fun, put in a few speeds and enjoy   |            |                                  |   |             |
| MAR 7   | WED. NIGHT | warm-up :15                      | BEER RACE #2                              | :15min easy |
| <i>Note: you know the drill, bring your sixer</i>   |            |                                  |   |             |
| MAR 14  | WED. NIGHT | DRINK A BEER/ THEN RACE          | BEER RACE #3                              | CHUG BEER   |
| <i>Note: you know the drill, bring your sixer</i>   |            |                                  |   |             |
| MAR 21  | WED. NIGHT | free ski                         | Free ski                                  |             |

### WEEKEND WORK-OUTS: Race or Threshold Work-out:

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

|           |            |  |
|-----------|------------|--|
| DEC 10-11 | SAT or SUN | 1 x :15min threshold, 5 x :30sec speeds          |
| DEC 17-18 | SAT - SUN  | Holiday races - SV -or- 2 x :10min threshold     |
| DEC 24-25 | SAT - SUN  | 1 x :20min threshold , 5 x :30sec speeds         |
| Dec31     | SAT - SUN  | Bogus Challenge Race #2                          |
| JAN 7     | SAT        | RACE Potato Cup - or- 1 x :25min threshold       |
| JAN 14    | SAT - SUN  | RACE Teton Ridge classic or 2 x :15min threshold |
| JAN 21    | SAT - SUN  | RACE The Ranch Race at Jug Mtn. Ranch.           |
| JAN28-29  | SAT - SUN  | RACE -or- 1 x :30 minute threshold               |
| FEB 5     | SAT - SUN  | RACE BMT   |
| FEB 12-13 | SAT - SUN  | RACE -or- 1 x :30 minute threshold               |
| FEB 19-20 | SAT - SUN  | RACE - TBD - or- 2 x :20min threshold            |
| FEB 26-27 | SAT - SUN  | Backwards boulder - or- 2 x :20min threshold     |
| MAR 2     | SAT        | RACE Rendezvous                                  |