LS = Long session, RS = Roller skies, CL = Classic, SK = Skate, MD = Full effort, MP = Miuntes pause

| December |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Week 49 |  | Week 50 |  | Week 51 |  | Week 52 |  |
|  | 2-3 sessions | 4-5 sessions | 2-3 sessions | 4-5 sessions | 2-3 sessions | 4-5 sessions | 2-3 sessions | 4-5 sessions |
| Monday |  |  |  |  |  |  |  |  |
| Tuesday | Bounding with poles 4-6x4-6 MD/ 2 MP | Bounding with poles 4-6x4-6 MD/ 2 MP | $\begin{aligned} & \text { RS KL 4-6x5-7 } \\ & \text { MD/2 MP } \end{aligned}$ | $\begin{aligned} & \text { RS KL 4-6x5-7 } \\ & \text { MD/2 MP } \end{aligned}$ | LS RS CL or run 1,5-2 hours with speed | LS RS CL or run 1,5-2 hours with speed | CL 3-5x5-7 MD/2 MP <br> interval technique | CL 6-10x3 MD/ 2 MP interval |
| Wednesday |  |  |  |  |  |  |  |  |
| Thursday | Warm up and strength training 1-1,5 hours | Warm up and strength training 1-1,5 hours | Warm up and strength training 1-1,5 hours | Warm up and strength training 1 1,5 hours | Warm up and strength training 1-1,5 hours | Warm up and strength training 1-1,5 hours | Warm up and strength training 1-1,5 hours | Warm up and strength training 1-1,5 hours |
| Friday |  |  |  |  |  |  |  |  |
| Saturday | LS CL 1-1,5 hours technique incl. 15 min without poles | LS CL 1-1,5 hours technique incl. 15 min without poles | LS CL 1-1,5 hours technique incl. 15 min without poles | LS CL 1-1,5 hours - technique incl. 15 min without poles | LS CL 1-1,5 hours technique incl. 15 min without poles | LS CL 1-1,5 hours technique incl. 15 min without poles | LS CL 1-1,5 hours technique incl. 15 min without poles | LS CL 1-1,5 hours technique incl. 15 min without poles |
| Sunday |  | LS run 1,5-2 hours |  | CL 3-5x5-7 MD / 2 MP technique interval |  | $\begin{gathered} \text { CL 4-6x5-7 } \\ \text { MD/2 MP } \\ \text { interval } \end{gathered}$ |  | $\begin{gathered} \text { LS run or KL, } 2- \\ 3 \text { hours } \end{gathered}$ |


| January |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Week 1 |  | Week 2 |  | Week 3 |  | Week 4 |  |
|  | 2-3 sessions | 4-5 sessions | 2-3 sessions | 4-5 sessions | 2-3 sessions | 4-5 sessions | 2-3 sessions | 4-5 sessions |
| Monday |  |  |  | LS CL 1,5-2 hours with speed |  |  |  |  |
| Tuesday | $\begin{aligned} & \text { CL 4-6x5-7 } \\ & \text { MD/2 MP } \\ & \text { interval } \end{aligned}$ | $\begin{aligned} & \text { CL 4-6x5-7 } \\ & \text { MD/2 MP } \\ & \text { interval } \end{aligned}$ | CL 6-10x3 MD/2 MP interval | CL 6-10x3 MD/2 MP interval | CL 4-6x4-6 MD/2 MP interval | CL 4-6x4-6 MD/2 MP interval | CL 4-6x5-7 MD/2 MP interval | $\begin{aligned} & \text { CL 4-6x5-7 } \\ & \text { MD/2 MP } \\ & \text { interval } \end{aligned}$ |
| Wednesday |  |  |  |  |  |  |  |  |


|  | Warm up and <br> strength <br> training 1-1,5 <br> hours | Warm up and <br> strength training <br> $1-1,5$ hours | Warm up and <br> strength <br> training 1-1,5 <br> hours | Warm up and <br> strength training 1 <br> 1,5 hours | Warm up and <br> strength <br> training 1-1,5 <br> hours | Warm up and <br> strength <br> training 1-1,5 <br> hours | Warm up and <br> strength <br> training 1-1,5 <br> hours | Warm up and <br> strength <br> training 1-1,5 <br> hours |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Thursday |  |  |  |  |  |  |  |  |
| Saturday | LS CL 1,5-2 <br> hours with <br> speed | Ski race or 45- <br> 60 minutes long <br> distance | LS CL 2-3 <br> hours | CL 4-6x4-6 MD/2 <br> MP interval | Ski race or 45 <br> 60 minutes <br> long distance | Ski race or 45- <br> 60 minutes <br> long distance | LS CL 1,5-2 <br> hours with <br> speed | CL 6- <br> $10 \times 3 M D / 2 ~ M P ~$ <br> interval |
| Sunday | LS CL 1,5-2 <br> hours with <br> speed |  | LS CL 1,5-2 <br> hours with <br> speed |  | LS CL 2-3 <br> hours |  |  |  |


| February |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Week 5 |  | Week 6 |  | Week 7 |  | Week 8 |  |
|  | 2-3 sessions | 4-5 sessions | 2-3 sessions | 4-5 sessions | 2-3 sessions | 4-5 sessions | 2-3 sessions | 4-5 sessions |
| Monday |  |  |  | LS CL 1,5-2 hours with speed |  | LS CL 1,5-2 hours with speed |  |  |
| Tuesday | $\begin{aligned} & \text { CL 6-10x3 } \\ & \text { MD/2 MP } \\ & \text { interval } \end{aligned}$ | CL 6-10x3 MD/2 MP interval | $\begin{aligned} & \text { CL 4-6x5-7 } \\ & \text { MD/2 MP } \\ & \text { interval } \end{aligned}$ | CL 4-6x5-7 MD/2 MP interval | $\begin{aligned} & \text { CL 4-6x4-6 } \\ & \text { MD/2 MP } \\ & \text { interval } \end{aligned}$ | CL 4-6x4-6 MD/2 MP interval | $\begin{aligned} & \text { CL 4-6x5-7 } \\ & \text { MD/2 MP } \end{aligned}$ | $\begin{aligned} & \text { CL 4-6x5-7 } \\ & \text { MD/2 MP } \end{aligned}$ |
| Wednesday |  |  |  |  |  |  |  |  |
| Thursday | Warm up and strength training 1-1,5 hours | Warm up and strength training 1-1,5 hours | Warm up and strength training 1-1,5 hours | Warm up and strength training 1 1,5 hours | Warm up and strength training 1-1,5 hours | Warm up and strength training 1-1,5 hours | Warm up and strength training 1-1,5 hours | Warm up and strength training 1-1,5 hours |
| Friday |  |  |  |  |  |  |  |  |
| Saturday | $\begin{aligned} & \text { LS CL 2-3 } \\ & \text { hours } \end{aligned}$ | CL 4-6x4-6 MD/2 MP interval | Ski race or 4560 minutes long distance | CL 4-6x4-6 MD/2 MP interval | $\begin{aligned} & \text { LS CL 2-3 } \\ & \text { hours } \end{aligned}$ | Ski race or 4560 minutes long distance | LS CL 1,5-2 hours with speed | $\begin{aligned} & \text { CL 4-6x4-6 } \\ & \text { MD/2 MP } \\ & \text { interval } \end{aligned}$ |
| Sunday |  | LS CL 2-3 hours |  | LS CL 2-3 hours |  | LS CL 2-3 hours |  | LS CL 1,5-2 hours with speed |

