|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |  |
| 27Easy ski or run 45 min (2001 & Older)-----------------------------------Easy ski or run 45min (2002-2006) | 282 hoursEasy intensity | 29Easy Ski 90min or off depending on feel (2001 & Older)-----------------------------------Easy Ski 60min or off depending on feel(2002-2006) | 30**Off training**  | Dec 1st**Canmore****Training Day**Race prep and review courses | 2**Canmore****Interval Start Free****Other skiers**Short Intensity Easy warm up 30min- 4 x 2mins with 3 min rest in between (could also be done as a fun 2-3 person relay with other skiers) - Easy 20min cool down | 3**Canmore****Mass start Classic****Other skiers**Continuous ski 60 min + 15min Core/strength (60 seconds each of situps, leg raises, pushups, front bridge, burpees x 3) | 2001 & Older:10.52002-2004:9.5 |
| 4Off | 5Strength on skis (skate)* Easy ski 20 min
* Rotate between 5min legs only and 5min arms only (double pole) x 2 (20min total)

Easy cool down 20min | 6Easy Ski 90min or off depending on feel (2001 & Older)-----------------------------------Easy Ski 60min or off depending on feel(2002-2006) | 7Travel to Fort Smith | 8AWG Trials | 9AWG Trials | 10Off |  |