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	'	RS KL 4-6x5-7 MD/2 MP	RS KL 4-6x5-7 MD/2 MP	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 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	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	hours - technique incl. 15 min without	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		CL 4-6x5-7 MD/2 MP interval		LS run or KL, 2- 3 hours	

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	CL 4-6x5-7 MD/2 MP interval	MD/2 MP		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	CL 4-6x5-7 MD/2 MP interval	
Wednesday									

Thursday		Warm up and strength training	•	strength training 1	training 1-1,5	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	hours with	Ski race or 45- 60 minutes long distance		CL 4-6x4-6 MD/2 MP interval	60 minutes	Ski race or 45- 60 minutes long distance	LS CL 1,5-2 hours with speed	CL 6- 10x3MD/2 MP interval
Sunday		LS CL 1,5-2 hours with speed		LS CL 2-3 hours		LS CL 1,5-2 hours with speed		LS CL 2-3 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	CL 6-10x3 MD/2 MP interval		CL 4-6x5-7 MD/2 MP interval	CL 4-6x5-7 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	CL 4-6x5-7 MD/2 MP	
Wednesday									
Thursday	Warm up and strength training 1-1,5 hours	Warm up and strength training	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	1								
Saturday	LS CL 2-3 hours		Ski race or 45- 60 minutes long distance	CL 4-6x4-6 MD/2 MP interval	LS CL 2-3 hours	Ski race or 45- 60 minutes long distance	LS CL 1,5-2 hours with speed	CL 4-6x4-6 MD/2 MP interval	
Sunday		LS CL 2-3 hours		LS CL 2-3 hours		LS CL 2-3 hours		LS CL 1,5-2 hours with speed	