

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 1,5-2 hours with speed	Ski race or 45-60 minutes long distance	LS CL 2-3 hours	CL 4-6x4-6 MD/2 MP interval	Ski race or 45-60 minutes long distance	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 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 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 2-3 hours	CL 4-6x4-6 MD/2 MP interval	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