**WEEK 1 (11/30-12/4)**

Monday: Info night

* **Team info meeting 7-8pm**

Tuesday: L1 workout with technique focus

* Option 1: 60-75min classic ski w/ 2x15min double pole only
* Option 2: 45-60 min run or pole walk

Wednesday: Strength + technique videos

* 15-20min warmup jog + virtual strength (meet online @ 4:00)
* 5pm team meeting to review Thursday workout, watch videos
	+ No pole videos: <https://www.youtube.com/watch?v=6MFKY-ZX_Vw&feature=youtu.be>

<https://www.youtube.com/watch?v=_fIFPpBnmD4&feature=youtu.be>

* + Bounding videos:

On foot: <https://www.youtube.com/watch?v=foy4FH9ZRjI>

On skis: <https://www.youtube.com/watch?v=BEBb109VpBw>

Thursday: L1 workout with technique focus

* Option 1: 75 min skate rollerski with 2x15 min no pole on HILLY terrain
* Option 2: 45-60min run with 8-10x1min "bounding" mechanics

Friday: Classic Technique Instruction

* 30 min jog
* Meet online @ 4:30
* Videos:
	+ Beginner classic technique: <https://www.youtube.com/watch?v=SuKn-acPvVk>
	+ Advanced classic technique: <https://www.youtube.com/watch?v=LKxRemkhvfU>
* Drills:
* Classic leg swings
* Classic leg swings with hop
* Double pole w/ forward fall
* Toe touches on yoga mat or pillow

Saturday: Over distance (OD)

* Option 1: 90-120 min Classic Rollerski
* Option 2: 90-120 min Pole run/hike w/ ski walking up hills

**WEEK 2**