**WEEK 2 (12/7-12/12)**

Monday: Strength + team meeting

* 15-20min warmup jog + virtual strength with Coach O (meet online @ 4:00)
* 5pm team meeting to review Tuesday workout, watch videos
  + Review bounding videos with Lisa

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

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

Tuesday: Bounding intensity or aerobic recovery

* Option 1: L5 bounding workout
  + 2x(6xhill) L5 bounding, 4-5min jogging recovery between each set
  + Find a long hill - bound up the hill, jog back down
  + Suggestions: [Sledding hill at Snail Lake Beach](https://www.google.com/maps/place/Snail+Lake+Regional+Park/@45.0669239,-93.1236259,487m/data=!3m1!1e3!4m5!3m4!1s0x52b329d991384c7b:0x6440f72533c9bcdd!8m2!3d45.0665078!4d-93.1240939) or [hill behind Valentine Hills](https://www.google.com/maps/@45.0553379,-93.1770248,17z)
* Option 2: 30-45min easy run, bike, or rollerski
  + Choose if you need this day for recovery

Wednesday: Easy strength + technique videos

* 15-20min warmup jog + virtual strength/mobility with Coach O (meet online @ 4:00)
  + Easier routine focusing on active recovery
* 5pm team meeting to review Thursday plan (Coach Lisa)

Thursday: TIME TRIALS! Location suggestion below, but you can always do it somewhere else:

* [1-mile neighborhood loop](https://www.strava.com/routes/new?v2=true). Record your results [here](https://docs.google.com/spreadsheets/d/1KQG4Ghlp4tUzQTFRBpsLZFJ6LWA6PHeFIZdwl68USAA/edit?usp=sharing).
* Option 1: 5k skate roller ski (3 laps)
  + Choose if you are able to rollerski
* Option 2: 3.2k run (2 laps)
  + Choose if you are ready for to race but don’t have experience rollerskiing
* Option 3: 30-45 minute easy run or pole walk
  + Choose this option if you aren’t quite ready to race yet

Friday: Active recovery & Friday fun

* 30 min jog
* Meet online @ 4:30
* **Pick up ski library skis between 3-7pm @ new Activites Door (drive past stadium, next to soccer fields on east side of building)**

Saturday: Over distance (OD)

* Option 1: 90-120 min Skate Rollerski or Snow Ski
* Option 2: 90-120 min Pole run/hike w/ ski walking up hills
* Option 3: Time trial makeup if you were unable to complete on Thursday + extended cooldown