**WEEK 3 (12/14-12/20)**

Monday: Strength + team meeting

* 15-20min warmup jog + virtual strength with Coach O (meet online @ 4:00)
* 5pm team meeting to talk about Tuesday workout and ski maintenance (waxing)
  + Review training levels <http://farwestnordic.org/articles/XCTrainingPresentation102309.pdf>
  + Join the MV Nordic Strava group
    - You need an account (it’s free!) - [strava.com](https://www.strava.com/)
    - Once you have an account, [join the group](https://www.strava.com/clubs/800978/recent_activity)!
  + Ski library skiers: talk about ski maintenance and kick waxing
  + Returning skiers: talk about OYO ski waxing

Tuesday: Threshold or active recovery

* Option 1: 20-30min tempo (L3) run
* Option 2: 30-45min ski/run + stretching

Wednesday: Easy strength + videos

* Morning: 20-40min shakeout jog or ski + stretching
* Evening: Group strength
  + 15-20min warmup jog + virtual strength/mobility with Coach O (meet online @ 4:00)
  + 5pm team meeting to review Thursday plan (Coach Lisa)
* Team meeting @ 5pm to talk about Thursday & Friday workouts
  + Review training levels <http://farwestnordic.org/articles/XCTrainingPresentation102309.pdf>
  + Double pole technique:
    - <https://www.youtube.com/watch?v=XgWC53_kstA>
    - <https://www.youtube.com/watch?v=sX_vArAnmvY>

Thursday: L4 intervals or active recovery

* Option 1: Skate ski or run: 4x4min L4 (5k+ pace) - should be our primary option
* Option 2: 60-80min skate ski with 2x15min no pole - if you need rest
* Option 3: 30-45min run + stretching - if you are still building endurance

Friday: Active recovery

* 45-60min classic ski with 3-4x10 second double pole pickups
* Meet online @ 5:00 for team meeting
  + Team Trivia - Friday Fun!

Saturday: Over distance (OD)

* Option 1: 2-2.5hr Classic Rollerski or Snow Ski with 2x10 min double pole only + 2x10min no pole striding only
* Option 2: 2-2.5hr trail run with poles