**WEEK 4 (12/21-12/27)**

Monday:

* Morning: Optional shakeout run (20-30min)
* Strength + team meeting
  + 15-20min warmup jog + virtual strength with Coach O (meet online @ 4:00)
  + 5pm team meeting to talk about training for the week
    - 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)!
      * Download the app on your phone and track your workouts

Tuesday: Easy ski or run

* Day before race routine: 25-30 min L1 + 3-4x10sec speeds (L5+)
* Light stretching

Wednesday:

Option 1: Skate time trial!

* Practice a good warmup routine:
  + 20min ski
  + 5 min stretching on skis (arm circles, torso twist, lunges, touching toes, etc)
  + 3-4x10sec speeds (2 x V2, 2 x double pole)
* Race: 3x1.9K laps, starting and ending in the teaching/stadium area
  + If full loop opens by Wednesday, then 2x2.5K laps
* Cool down: 15 min easy ski
* Strongly advise going early in the morning for the best conditions
* If you are on Strava, log your workout on the app so your result shows on the team page
* Record your time [here](https://docs.google.com/spreadsheets/d/1KQG4Ghlp4tUzQTFRBpsLZFJ6LWA6PHeFIZdwl68USAA/edit?usp=sharing)

Option 2: Practice going through the warm-up routine (listed above), then 5K easy skate ski

Thursday: Active recovery

* 30min easy jog + focused stretching (spend time on the muscles that are most sore)

Friday: Merry Christmas! Take the day off! Bonus points if you take a nap ;)

Saturday: Over distance (OD)

* 2-2.5hr Skate ski with the following sprinkled in throughout your workout
  + 15 min no pole skating
  + 15min V1 on left side
  + 15min V2 on right side