**WEEK 5 (12/28-1/3)**

NOTE: We would normally be at Holiday Camp from December 28th to 30th, so the workouts on those days will mimic training that would normally take place on those days.

Monday: Virtual Holiday Camp Day 1

* 2-3 hour easy skate ski. Try to get out on some of the natural snow trails for a nice change of scenery! Remember to keep the pace really slow and enjoyable and bring some snacks/energy with you on your ski.

Tuesday: Virtual Holiday Camp Day 2

* MORNING:
  + New skiers: 90 minute classic ski
  + Experienced skiers: Classic Specific Strength
    - 15-20min easy warmup
    - 15 min no pole striding (take poles off)
    - Find a gradual hill that takes about ~1min to get to the top:
      * 3 x single stick
      * 3 x double pole/robot arms
      * 3 x double pole
    - 15 min no pole striding, followed by a few minutes of easy skiing
* AFTERNOON:
  + 60-90 minute easy ski your choice of technique
  + 20 minute stretching

Wednesday: Virtual Holiday Camp Day 3

* MORNING:
  + New skiers: 90 minute skate ski with 2x15min no pole skating (take poles off)
  + Experienced skiers: Skate intervals
    - 15-20min warmup w 3-4x10sec speeds
    - 4x8 min L3 intervals w/ 2-3min recovery.
      * Alternate no pole skate and skiing with poles for each interval
    - 4x30 sec L5 spring using V2. Full recovery in between.
    - 15-20min cool down
* AFTERNOON:
  + 2 hour easy ski with technique of your choice

Thursday: Active recovery

* 30min shakeout jog and stretch

Friday: Off or active recovery

* 60 min jog or ski, very slow pace. Objective is to stay loose and get your blood flowing, but you’re still recovering from the hard days earlier this week

Saturday: Middle distance day with technique work

* 90 min classic ski with technique specific work:
  + 15 min warmup
  + 15 min striding with left arm only (take off right pole)
  + 15 min double pole
  + 15 min striding with right arm only (take off left pole)
  + 15 min double pole
  + 15 min cool down

Sunday: REST and TAKE A NAP! Get ready for group training to start tomorrow!