6-WEEK TRAINING PLAN

Warm Up

Warm up for at least 5 minutes before every workout. Here are a couple suggestions for your warmup:

- 6 minute warmup: Ski easy for 3 minutes, then take 10 hard pulls at the beginning of each of the last three minutes.
- 5 minute warmup: Ski easy at a stroke rate of 35 strokes per minute (spm) for 2 minutes, then 38 spm for 90 seconds, 41 spm for 1 minute, 45 spm for 30 seconds.
- 10 minute warmup: 2 minutes easy, 3 minutes moderate, 3 minutes easy with 30 second bursts to race pace every minute, 2 minutes easy.

Be sure to cool down for 5 minutes at the end of each workout.

Benchmark pace

Both plans use a benchmark pace, which will be determined in your first workout. This benchmark is used to create the workouts each week. If you're having trouble holding the suggested pace over multiple workouts, just let your pace adjust accordingly. Try adding +0:02-0:05 to start out, and then see if you can bring the pace back down. Training can be affected by things such as other activities, rest, recovery and nutrition, so listen to your body as you follow this plan.

<div align="center">

Benchmark Pace ___:___/500m

(Determined in workout 1)

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WEEK 1

Workout 1 ErgData *

750m time trial. Your average pace from this workout will be the benchmark pace for which you'll base the rest of the workouts on.

Workout 2 ErgData

500m, 3 minutes rest, 500m (all at benchmark pace).

WEEK 2

Workout 1 ErgData

5 X 250m at benchmark pace with 60 seconds of rest. The goal is for equal or negative splits. (Negative splits go faster each interval.)

Workout 2 ErgData

600m, 3 minutes rest, 500m (all at benchmark pace).

WEEK 3

Workout 1 ErgData

5 X 250m at benchmark pace with 45 seconds of rest. The goal is for equal or negative splits.

Workout 2 ErgData

700m, 3 minutes rest, 500m (all at benchmark pace).

WEEK 4

Workout 1 **ErgData**

10 x 100m, 1:30 rest

Workout 2 **ErgData**

800m, 3 minutes rest, 500m (all at benchmark pace).

WEEK 5

Workout 1 **ErgData**

5 X 250m at benchmark pace with 30 seconds of rest. The goal is for equal or negative splits.

Workout 2 **ErgData**

900m, 3 minutes rest, 500m (all at benchmark pace).

WEEK 6

Workout 1 **ErgData**

5 X 250m at benchmark pace with 15 seconds of rest. The goal is for equal or negative splits.

Workout 2 **ErgData**

Test for a new 1000m time or compete in the SkiErg World Sprints. Good luck!

* Tap the ErgData links on any device with the ErgData app to load the workout.