

Gatineau Loppet 2016 – Eight week preparation for January and February

Note: This program is a guide. It is designed to be adapted to your training program, physical condition and objectives. We highly recommend that you take classes and use a trainer to improve your technique. This program is for people who are in reasonably good physical condition and have a good enough technique, who regularly worked out in the fall and are healthy. Before starting any training, it is a good idea to have a medical check-up to make sure that you are fit enough for it. The program is designed for the 27 km and 51 km races.

| Theme | Rest | Rest or Cross Training | Intensity or Tempo | Rest or Cross Training | Rest | Long Outing, Endurance | Technique |
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| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| January 4 | <p>Rest: Yoga, stretching, postural balance.</p> | <p><u>Rest or cross training, but be sure not to overdo it before the following day's training</u></p> | <p>Warm-up: 30 min</p> <p>On sloping or semi-flat terrain, 2 sets (3 X 50 sec) at very high intensity, 2 min 30 sec between intense intervals, 4 min pause between the 2 sets.</p> <p>Easy pace: 20 min</p> <p><u>For the 27 km, reduce by half the number of intense intervals</u></p> | <p><u>Rest or cross training</u></p> | <p>Rest: Yoga, stretching, postural balance.</p> | <p>2h to 3h endurance.</p> <p>Ski at a pace where you can maintain a conversation.</p> <p><u>For the 27 km ski half the time required for the 51 km</u></p> | <p>Do an outing in recovery mode (length depending on how you feel after the previous day's training), with a focus on these techniques:</p> <p>-Diagonal stride (traditional style) https://youtu.be/qXk0vo2HsbA or - Skate skiing (skate style) https://youtu.be/HksXxzH55pw</p> |

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| <p>January 11</p> | <p>Rest: Yoga, stretching, postural balance.</p> | <p><u>Rest or cross training, but be sure not to overdo it before the following day's training</u></p> | <p>Warm-up: 30 min</p> <p>On sloping or semi-flat terrain, 2 sets (2 X 4 min) at the pace for your event, or 10% faster, 3 min between intense intervals, 4 min pause between the 2 sets.</p> <p>Easy pace: 20 min</p> <p><u>For the 27 km, reduce by half the number of intense intervals</u></p> | <p><u>Rest or cross training</u></p> | <p>Rest: Yoga, stretching, postural balance.</p> | <p>2h30 à 3h30 min endurance. Ski at a pace where you can maintain a conversation.</p> <p><u>For the 27 km ski half the time required for the 51 km</u></p> | <p>Do an outing in recovery mode (length depending on how you feel after the previous day's training), with a focus on this technique:</p> <p>Double poling (traditional and skate styles) https://youtu.be/bUIRz0oebvI</p> |
| <p>January 18</p> | <p>Rest: Yoga, stretching, postural balance.</p> | <p><u>Rest or cross training, but be sure not to overdo it before the following day's training</u></p> | <p>Warm-up: 30 min</p> <p>On sloping or semi-flat terrain, 2 sets (4 X 50 sec) at very high intensity, 2 min 30 sec between intense intervals, 4 min pause between the 2 sets.</p> <p>Easy pace: 20 min</p> <p><u>For the 27 km, reduce by half the number of intense intervals</u></p> | <p><u>Rest or cross training</u></p> | <p>Rest: Yoga, stretching, postural balance.</p> | <p>3h to 4h endurance. Ski at a pace where you can maintain a conversation.</p> <p><u>For the 27 km ski half the time required for the 51 km</u></p> | <p>Do an outing in recovery mode (length depending on how you feel after the previous day's training), with a focus on these techniques:</p> <p>Step double pole (traditional style) http://youtu.be/slpvbWO4J5o or Two skate double pole (skate style) https://youtu.be/PmR5WXd_F8I</p> |

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| <p>January 25</p> <p><u>Rest week</u></p> | <p><u>Rest:</u> This is the most important week, because it gives you a chance to recover and start the process of overcompensation. Without it, you end up overtraining.</p> | <p><u>Rest or cross training, but be sure not to overdo it before the following day's training</u></p> | <p>Warm-up: 30 min</p> <p>On sloping or semi-flat terrain 2 sets (2 X 50 sec) at very high intensity, 2 min 30 sec between intense intervals, 4 min pause between the 2 sets.</p> <p>Easy pace: 20 min</p> <p><u>For the 27 km, reduce by half the number of intense intervals</u></p> | <p><u>Rest</u></p> | <p><u>Rest</u></p> | <p>1h30 to 2h endurance.</p> <p>Ski at a pace where you can maintain a conversation.</p> <p><u>For the 27 km ski half the time required for the 51 km</u></p> | <p><u>Rest or cross-training</u></p> |
| <p>February 1</p> | <p><u>Rest:</u> Yoga, stretching, postural balance.</p> | <p><u>Rest or cross training, but be sure not to overdo it before the following day's training</u></p> | <p>Warm-up: 30 min</p> <p>On sloping or semi-flat terrain, 2 sets (4 X 50 sec) at very high intensity, 2 min 30 sec between intense intervals, 4 min pause between the 2 sets.</p> <p>Easy pace: 20 min</p> <p><u>For the 27 km, reduce by half the number of intense intervals</u></p> | <p><u>Rest or cross training</u></p> | <p><u>Rest:</u> Yoga, stretching, postural balance.</p> | <p>3h to 4h endurance.</p> <p>Ski at a pace where you can maintain a conversation.</p> <p><u>For the 27 km ski half the time required for the 51 km</u></p> | <p>Do an outing in recovery mode (length depending on how you feel after the previous day's training), with a focus on these techniques:</p> <p>Herringbone (traditional style) http://youtu.be/nA7uEdH0by0 or Offset (skate style) https://youtu.be/dyuYflyZta4</p> |

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| <p>February 8</p> | <p>Rest: Yoga, stretching, postural balance.</p> | <p><u>Rest or cross training, but be sure not to overdo it before the following day's training</u></p> | <p>Warm-up: 30 min</p> <p>On sloping or semi-flat terrain, 2 sets (3 X 4 min) at the pace for your event, or 10% higher, 3 min between intense intervals, 4 min pause between the 2 sets.</p> <p>Easy pace: 20 min</p> <p><u>For the 27 km, reduce by half the number of intense intervals</u></p> | <p><u>Rest or cross training</u></p> | <p>Rest: Yoga, stretching, postural balance.</p> | <p>3h to 4h endurance. Ski at a pace where you can maintain a conversation.</p> <p><u>For the 27 km ski half the time required for the 51 km</u></p> | <p>Do an outing in recovery mode (length depending on how you feel after the previous day's training), with a focus on this technique:</p> <p>Downhill (traditional and skate styles) http://youtu.be/_KiQ9z92Url</p> |
| <p>February 15</p> | <p><u>Rest</u></p> | <p><u>Rest or cross training, but be sure not to overdo it before the following day's training</u></p> | <p>Warm-up: 30 min</p> <p>On sloping or semi-flat terrain, 2 sets (3 X 50 sec) at very high intensity, 2 min 30 sec between intense intervals, 4 min pause between the 2 sets.</p> <p>Easy pace: 20 min</p> <p><u>For the 27 km, reduce by half the number of intense intervals</u></p> | <p><u>Rest</u></p> | <p>Rest: Yoga, stretching, postural balance.</p> | <p>2h endurance. Ski at a pace where you can maintain a conversation.</p> <p><u>For the 27 km ski half the time required for the 51 km</u></p> <p>Be sure to remember to eat and hydrate properly throughout the training.</p> | <p><u>Rest</u></p> |

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| <p>February 25</p> | <p><u>Rest:</u> Make time to plan your pre-race routine. Think about your clothing, nourishment, and hydration, as well as your equipment and especially waxing for your skis.</p> <p>This is the time for maximum hydration: 1.5 to 2 litres of water daily until the event. Also, it is important to get enough sleep this week.</p> | <p>Warm-up: 30 min. On sloping or semi-flat terrain, 2 sets (4 X 40 sec) at very high intensity, 2 min 30 sec between intense intervals, 4 min pause between the 2 sets.</p> <p>Easy pace: 20 min</p> <p><u>For the 27 km, reduce by half the number of intense intervals</u></p> | <p><u>Rest</u></p> <p><u>Load up on carbohydrates</u></p> | <p><u>Rest</u></p> <p><u>Load up on carbohydrates</u></p> | <p>Warm-up: 20 min. On sloping or semi-flat terrain, (6 X 20 sec) at very high intensity, 1 min between intense intervals,</p> <p>Easy pace: 20 min</p> <p><u>For the 27 km, reduce by half the number of intense intervals</u></p> <p>Make time to plan your pre-race routine. Think about your clothing, nourishment and hydration, as well as your equipment and especially waxing for your skis. + <u>load up on carbohydrates</u></p> | <p><u>Gatineau Loppet – Good luck!</u></p> <p>If you are racing on Sunday:</p> <p><u>load up on carbohydrates</u></p> <p>Make time to plan your pre-race routine. Think about your clothing, nourishment, and hydration, as well as your equipment and especially waxing for your skis.</p> | <p><u>Gatineau Loppet – Good luck!</u></p> |
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*Videos are the property of XCzoneTv and o2films

Terminology

- *Technique: the day you work on your different cross-country skiing techniques.
- *Intensity: training day, when your heart rate increases significantly to work the different energy systems.
- *Long endurance workout: a day when the cardiac rhythm remains low to work the aerobic system.
- *Tempo: the pace that is close to your race intensity
- *Yoga: a discipline of the mind and body that includes a wide variety of exercises and techniques. The techniques used include posture, breathing and meditation, as well as deep relaxation.
- *Postural balance: Posture – postural control – balance. Exercises that improve your balance and keep your body aligned overall.
- *Loading up on carbohydrates: <http://objectif226.ca/?p=1554>
- *Warm-up: this gradually brings your cardio-vascular, locomotor and psychomotor activity to the level you need for the intensity and specific characteristics you need for the training session. It should be sufficiently intense to maintain progression, but not enough to alter your performance.
- *Easy pace: this is to gradually restore your body functions to where they were before your workout.
- *Pre-race week: Make time to plan your pre-race routine. Think about your clothing, nourishment, and hydration, as well as your equipment and especially waxing for your skis. This is the time for maximum hydration: 1.5 to 2 litres of water daily until the event. Also, it is important to get enough sleep this week.
- *Remember to eat and hydrate properly throughout the training.
- *Week of rest and overcompensation: <http://www.asics.com/fr/fr-fr/sports/running/recovery/rest-as-part-of-training-overcompensation-explained>
- *Overtraining: when our training depletes more than we recover.