| Day | **Athlete: Marathon Week of: Nov. 1-7 Intensity Phase Week Hours: 9 Athlete’s Goals: Difficulty: Difficult Week Focus: Introduction of speed and other banned performance enhancing drugs. TT on Saturday** | | |
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| **Day** | **Workout # 1** | **Workout #2/ or Alternate Workout** | **Recovery/Other** |
| **Mon** | **Off** | Watch Yoga or 30 min of stretching videos. Fall off step machine. | Get 8-9 hours of sleep before practice. Hit snooze alarm 20 times in the last two hours. |
| **Tues** | **Workout Type:** Master’s Practice **Total Time:** 1.5 hr10 dynamic warm upof trying to get out of the car at Mooney's Bay. Pull up car lock, push it down again. Open door, close door. Do the Hokey Pokey with your left and right foot. Try to stay in zone 1-24-8 x 10 sec sprints done in Spiderman position during last 5 min of warm up20 min of hill intervals ski bounding in zone 3-4 (lower intensity by adjusting resting rate to 110)10 min yoga or gentle toe wiggling. |  | Refuel within 1 hour of practice. Stretch again after a warm shower or bath or misting with a garden hoseGet 4-5 hours of sleep after spending 2-4 hours on Facebook looking at Nadia's dryland pictures Check your Facebook live feed 4-5 times with a five minutes rest interval to see if anyone has "liked" your comments. |
| **Wed** | **Workout Type:** Roller ski, ski walk, bike, run, swim, polka, crawl, call your mother (you keep forgetting )**Total Workout Time:** 1 hr  **Intensity:** Zone 1 |  |  |
| **Thurs** | **Workout Type:** Weights**Total Workout Time:** 1 hr**Specific Workout:** Hyperventilation.**Reps:** 8-10 **Sets:** 3 **Recovery Between Sets:** 30sec –1.5min **Comments:** Include 5-10min of breathing into a paper bag. Include a 10 min warm up and 10 min of stretching |  |  |
| **Fri** | Off | Drink lattes to regain consciousness. Justify the milk as a dairy product. | Pretend that 4 to 5 glasses of wine and 5 hours of sleep before practice won't do anything to your time trial time. |
| **Sat** | **Workout Type:** Master’s practice (ski walk, ski bound, strength)**Total Workout Time:** 2.5-3 hrs10-15 min dynamic stretching22 min ski walk and neurotic fretting to warm up in zone 1-25 x 15 sec speed in zone 2 Count steamboats to make sure coach hasn't forgot to set her watch.20-30 min TT on hilly terrain, ski bounding in zone 4, Curse the day you were born. Ask yourself why you are doing this 15-30 times.30 min cool down rolling sideways down Penguin in zone 112 min general Bulgarian strength15 min yoga (corpse pose) |  | Good warm-up before intensity. Eat within an hour after practice. Stretch again at home after a warm shower or bath. Uncap Advil bottle. Crawl under laundry on bed. Sleep for three hours. Phone for pizza. |
| **Sun** | **Workout Type:** Bike, roller ski, hike or run, jump between poles repeatedly**Total Workout Time:** 3 hours**Intensity (HR):** Zone 1, over distance**Comments:** Keep it easy. Start slow, taper, then fade. |  | Eat and drink during the workout. Bring floss for Sharkey's. They're really not good for you but who cares. The package says they're organic. |