

INT= Interval, P= Pause

I= Intensity (based upon the Norwegian Olympiatoppen's scale of intensity 1-5. <https://olt-skala.nif.no/>)

SEPTEMBER

| | Session 1 | Session 2 | Session 3 | Session 4 |
|---------|--|---|--|--|
| Week 38 | INT: 4x10 min P: 2 min Intensity: I3/I4 Recommended: roller ski track (rounds) | Strength training | Slow long session running, 2 hours Intensity: I1/I2 | Slow long session roller skiing Intensity: Some is recommended - but keep it on a comfortable level Optimal length |
| Week 39 | INT: 4-6x5-6 min P:2 min Intensity: I4 Uphill run using poles | Slow long session 1,5-2,5 hours Intensity: I1/I2 | Strength training | INT: 8-10x1000 m Intensity: I4 SkiErg 5-10 in resistance or running |

OCTOBER

| | Session 1 | Session 2 | Session 3 | Session 4 |
|---------|---|---|---|---|
| Week 40 | INT: 4-6x6 min P: 2min Intensity: I4 Run uphill using poles | Slow long session - 2-2,5 hours Intensity: I1/I2 Optional activity | Strength training | INT: 3-4x15 min P: 1-2 min Intensity: I3/I4 roller skis or SkiErg |
| Week 41 | INT: 8-12x4 min P: 1 min Intensity I3-I5 running, roller skis or SkiErg | Strength training | Distance, using roller skis 40-60 min work period Recommended: roller ski track or uphill | Slow long session - 2,5 hours Intensity: I1-I2 |
| Week 42 | INT: 8-10x1000 m Intensity: I4 SkiErg 5-10 in resistance | Strength training | INT 3-4x15 min P: 1-2 min Intensity: I3/I4 roller skis or SkiErg | Slow long or combination session Recommended: appr. 3 hours |
| Week 43 | INT: 4-6x6 min P: 2min Intensity: I4 Uphill run using poles | Short or long session - vary the intensity Let the terrain decide the intensity 45-90 min | Strength training | INT: 45/15x10x3 - 5 series I3-I4 Roller skis |

NOVEMBER

| | Session 1 | Session 2 | Session 3 | Session 4 |
|---------|---|--|--|--|
| Week 44 | INT: 4-6x6 min P: 2min Intensity: I4 Uphill run using poles | Long session using roller skies, 3 hours Intensity: I1/I2 | Strength training | INT: 3-5x10 min or 45/15x10x3- 5 series. P: 1-2 min I3-I4 Roller skies or running |
| Week 45 | INT: 8-12x4 min P1 min Intensity I3-I5 Roller ski track, uphill or SkiErg | Strength training | Distance using roller skies 40-60 min work period Roller ski track, uphill or SkiErg | Long session 2-4 hours Intensity: I1-I2 |
| Week 46 | INT: 4x15 min Intensity: I3 SkiErg 1-3-5-7 in resistance | Strength training | INT: 8-10x1000 m Intensity: I4 SkiErg 5-10 in resistance | Long or combination session Optional length |
| Week 47 | INT: 10-15x3 min P: 1 min Intensity: I3/I5 Uphill run | Long or combination session Optional length | Strength training | INT: 3-5x10 min eller 45/15x10x3 -5 series. P1-2 min I3-I4 Optional activity |



