

# Period 2: Extending the Base

(Oct. 25<sup>th</sup> – Nov. 21<sup>st</sup>)



The goal of this period is to build on what we've already started and to slowly introduce some specific training. The weekly training structure remains the same, however, the emphasis turns to slightly longer workouts, complemented by continued strength work and the occasional (every couple of weeks) intense workout. The most difficult part of this period is dealing with colder weather, shorter days and boredom of dry land workouts. Keeping the motivation during this period is imperative and will definitely pay off when the snow begins to fall.

**Easy / Long Distance Workouts:** This type of workout remains the base of our training and is meant to continue developing our aerobic endurance base. The intensity level remains the same, 65-75% of your maximum heart rate, but the average length should now increase to 30-50 min. Again, it can be a mixture of running, biking, cross trainer/elliptical trainer, swimming or even walking to work. A common mistake for those of us with busy schedules and limited time is to rush the workout attempting to pack more into less time. The result of this is fatigue and in extreme cases overtraining. Easy workouts should be done as often as 4 times a week. Long distance workouts, which are done at the same intensity but for a longer period of time (1-3 hrs) should be done once a week. Tip: You should be able to carry on a conversation during your easy workouts. If it means walking the hills, do so. Slow and steady gets the job done. Remember, no one has ever completed the marathon in 40 minutes!

**General Strength Training:** We're approximately half way through our 8 week program. This type of workout remains unchanged during this period. Again 2-3 times a week is sufficient. If at this point you are getting tired of the gym try mixing in the occasional outdoor strength workout with exercises such as push ups, sit-ups and jumping. Playgrounds are an excellent setting for these workouts with your imagination being the only limitation.



**Specific Exercises:** Although we will focus more on specific training in the next period this is a good opportunity to introduce a couple new exercises to add to the training arsenal: ski striding and roller skiing. Roller skiing for advanced skiers can be useful for working on technique, however for the weekend skier, it may be more trouble than it's worth (Equipment is expensive, safe training locations are few and far between, and if you don't have a coach to help out with technique, there is a good chance that you will end up acquiring incorrect technique). Ski striding with poles is a good alternative to roller skiing. Ski striding is a dry land simulation of classical skiing. It requires regular running or hiking attire supplemented with ski poles. It is best done on hilly terrain which is well suited to using your ski poles to help you climb. Some good web sites for additional ideas and tips during this training period include: <http://www.nordicracer.com> and <http://www.masterskier.com>.

**Dressing for the Weather:** With temperatures dipping towards freezing and rain, sleet, and snow becoming more common, it's time to pay attention to what you're wearing. Luckily for us, technology now allows us to battle the elements more effectively than our great grand parents (although they were tougher for it!). Layering is always the key, which allows us to peel of clothes as we heat up and add back as we cool off. Base layers are commonly made from polypropylene and can be supplemented with tights, vests, and jackets of differing warmth levels. Other good accessories include a light weight synthetic toque and gloves. Good places to shop are Mountain Equipment Co-Op ([www.mec.ca](http://www.mec.ca)) or your local ski / sporting store. Proper attire leads me to my next point which is to get out regardless of the weather. The CSM will take place on February 12-13 no matter what the conditions and everyone should be prepared!

## Sample week:

|                   |   |
|-------------------|---|
| <b>Monday:</b>    | Rest  |
| <b>Tuesday:</b>   | Strength  |
| <b>Wednesday:</b> | Easy workout  |
| <b>Thursday:</b>  | Strength  |
| <b>Friday:</b>    | Rest  |
| <b>Saturday:</b>  | Easy workout or Intensity (Intensity only once every 2 weeks) |
| <b>Sunday:</b>    | Long distance workout   |