

	ACTIVITY								METHOD						INTENSITY					From: _____ To: _____ Block: _____			
	Ski — Skate	Ski — Classic	Skate Roller Ski	Classic Roller Ski	Foot (run/hike/bound)	Bike	Circuit	Other	Distance	Interval	General Strength	Specific Strength	Speed/Power	Race/Pace	Technique	1 — Easy	2 — Aerobic	3 — Threshold	4 — Max VO2	5 — Anaerobic	Target Hours: _____	Actual Hours: _____	Week: _____
																					(# of workouts)	Target	Actual
																					Intensity		
																					Strength		
SUN																							
MON																							
TUES																							
WED																							
THU																							
FRI																							
SAT																							
Sub-Total																							
Total Hours																							