



# WICKSTRÖM COACHING

## *TRAINING PLAN*

*Week 38-41*  
*September 20th -*  
*October 17th*  
*2021*



## *More upper body training*

Now we increase the training for the upper body. There will be more rollerskiing in groups with rollerskiing and more double poling machine in the groups without rollerskiing.

In the second week there is a workout where we try to reach the maximum heart rate on rollerskis. It will be interesting to see what levels you reach here compared to running.

Two double poling machine workouts will be with good pace in the "rest" in-between the intervals. This type of intervals are often called dynamic. Studies have shown that they have a good effect on VO2 max.

We will also have a strength test and a week with focus on high intensity training.

The challenge of the month is "Fall Team Challenge".

<https://log.concept2.com/challenges/ftc/>

Sign up there and join the team "Wickström Coaching". Also, don't forget to use ErgZone during training on double poling machine. The workouts in the training plan are in that app.

Good luck with your training!

/Erik and Erik

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## NORDENSKIÖLDSLOPPET (4-8 hours of training per week)

Week 38 Sep 20-26 2021	Hours/ week 6,25	Intensity (% of maximum HR)	Workout
Running	30	60-80 %	<b>STANDARD RUNNING</b> Easy running in the forest. Paths, gravelroads etc. Try to keep the cadence around 170-175. It is okay if the heart goes up a little bit in the uphill.
Rollerskiing	90	80-95 %	<b>FIVE OF EACH</b> - 30 min warm-up - 5 times 3 min with 1 min rest in-between - 5 times 2 min with 1 min rest in-between - 5 times 1 min with 1 min rest in-between - 15 min cool-down Do the intervals in mixed terrain (both flat, uphill och downhill), but make sure the 1 min intervals are not only downhill.
Strength	45	Not applicable	<b>THE TENS</b> 5-10 minutes warm-up, such as easy running or skipping rope. 1 min rest in-between the sets and exercises. The last reps in the third set should be though. - 3 times 10 reps dumbbell press (like bench press, but with dumbbells instead) - 3 times 10 reps lunges with weights in your hands - 3 times 10 reps triceps press in a pulley system - 3 times 10 reps deadlift with barbell, dumbbell or kettlebell - 3 times 10 reps lats pull down in a pulley system - 100 sit-ups, straight - 20 back raises - 100 sit-ups, with rotation - 20 back raises
Double poling machine	90	80-95 %	<b>THE STINA NILSSON WORKOUT</b> Stina Nilsson's (Swedish biathlete) favorite workout on SkiErg according to herself in an interview with Erik. - 10 min warm-up - 2000 m followed by 2 min rest - 5 times 1000 m with 2 min rest in-between the intervals - 5 times 500 m with 2 min rest in-between the intervals - 2000 m followed by 2 min rest - 5 min cool-down The challenge is to keep the same pace at the second 2000 m interval as the first one. Hint: Don't push too hard on the first one :)
Rollerskiing	120	80-95 %	<b>A LONG ONE WITH A COUPLE OF SETS 30/30</b> Easy rollerskiing except from that you put in two sets of 10 times 30 seconds with 30 seconds rest in-between. The first set during the first hour and the second set during the last hour.

## NORDENSKIÖLDSLOPPET (4-8 hours of training per week)

Week 39 Sep 27 - Oct 3	Hours/ week 7,25	Intensity (% of maximum HR)	Workout
Running	30	60-80 %	<b>STANDARD RUNNING</b> Easy running in the forest. Paths, gravelroads etc. Try to keep the cadence around 170-175. It is okay if the heart goes up a little bit in the uphill.
Rollerskiing	60	80-100 %	<b>THE QUEST FOR YOUR MAXIMUM HEART RATE</b> In this workout you can hopefully reach (or nearly reach) your maximum heart rate. You can still do this workout even tough you don't have a heart rate monitor. <ul style="list-style-type: none"> <li>- 20 min warm-up. Increase the speed a little bit the last 5 min. Do some light stretching on you rollerskis and ski about 200 meters two times with increasing speed up to almost maximum speed.</li> <li>- 4 times 3 min with 1 min rest in-between. Rollerski in flat terrain and keep the same pace as you would have in a race that took about 30 min It should be tough, but not maximum effort.</li> <li>- 1 times 3 min progressive. The first 1 min at the same speed as the first intervals. Last 2 minutes maximum effort. This should be extremely tough. Remember that when you are exhausted with 30 seconds to go you can still go harder. The last minutes could be slight uphill, but not too steep (then your strength instead of your heart rate might stop you).</li> <li>- 15 min cool-down</li> </ul>
Strength	45	Not applicable	<b>THE 5-20-10 WORKOUT</b> 5-10 minutes warm-up, such as easy running or skipping rope. 1-2 min rest in-between the sets and exercises on the 5s. 20-30 s rest on the 20s and the 10s. <ul style="list-style-type: none"> <li>- 3*5 reps bench press.</li> <li>- 3*5 reps pull-ups. Use rubberband to lift you up if needed. Or add extra weight if it is too easy.</li> <li>- 3*5 reps dips. Bar dips or on a bench. Add weights if needed.</li> <li>- 3*20 reps double foot mountain climbers (on an exercise ball or TRX or blanket)</li> <li>- 3*20 reps glute hamstring raise (on an exercise ball or TRX or blanket)</li> <li>- 3*20 reps dumbbell double poling</li> <li>- 3*10 reps lunges with weights</li> <li>- 3*10 reps lats pull down</li> <li>- 3*10 reps dumbbell press (like bench press, but with dumbbells instead)</li> </ul> Dumbbell double poling: <a href="https://www.youtube.com/watch?v=VOIGSJt7u0c&amp;list=PLTCV_j7EzABqXzqcBu-OGoksVZXJzM8dN&amp;t=4s">https://www.youtube.com/watch?v=VOIGSJt7u0c&amp;list=PLTCV_j7EzABqXzqcBu-OGoksVZXJzM8dN&amp;t=4s</a>
Rollerskiing	300	60-75 percent	<b>A VIBE OF NORDENSKIÖLDSLOPPET</b> Easy classic skiing. Don't just double pole. Use striding and double pole kick as well. Stop to eat if needed.
<b>Rest</b>			

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## NORDENSKIÖLDSLOPPET (4-8 hours of training per week)

Week 40 Oct 4-10	Hours/ week 7	Intensity (% of maximum HR)	A WEEK WITH FOCUS ON HIGH INTENSITY
Running	45	80-95 %	<p><b>THE HILL OF THE FALL</b> Uphill intervals, preferably on paths in the forest. The goal with this workout is to work on your VO2 max. The strength training you get for your legs is a bonus.</p> <ul style="list-style-type: none"> <li>- 10 min warm-up</li> <li>- 5 times 3 min uphill (increase the number of intervals if the hill is shorter, or add a flat section right before the hill). Rest in-between the intervals by walking or jogging down to the place where you start each interval.</li> <li>- 5 min cool-down</li> </ul> <p>Remember to keep calm in the beginning of every interval and don't go too hard on the first couple of repeats. You want to reach a high heart rate without feeling the lactic acid burning too much in the beginning of the workout.</p>
Rollerskiing	90	80-95 %	<p><b>FIVE OF EACH</b></p> <ul style="list-style-type: none"> <li>- 30 min warm-up</li> <li>- 5 times 3 min with 1 min rest in-between</li> <li>- 5 times 2 min with 1 min rest in-between</li> <li>- 5 times 1 min with 1 min rest in-between</li> <li>- 15 min cool-down</li> </ul> <p>Do the intervals in mixed terrain (both flat, uphill och downhill), but make sure the 1 min intervals are not only downhill.</p>
Strength	45	Not applicable	<p><b>THE STRENGTH TEST</b> This a twist of the Swedish test "Golden four"</p> <ul style="list-style-type: none"> <li>- 10 min warm-up on a double poling machine</li> <li>- <b>100 m DP machine at maximum speed</b></li> <li>- 5 min rest (walk around during the breaks and do some light stretching, pull a little bit in the DP machine and do a few push-ups)</li> <li>- <b>Maximum reps of dips in 1 min.</b> Bar-dips or on a bench. Take breaks when needed.</li> <li>- 5 min rest</li> <li>- <b>Maximum reps of hanging sit-ups in 1 min.</b> Do regular sit-ups if you don't have the tool for hanging (upside down) sit-ups.</li> <li>- 5 min rest</li> <li>- <b>Maximum reps of pull-ups in 1 min.</b> Use a rubberband to lift you up if needed.</li> <li>- 5 min rest</li> <li>- <b>Maximum reps of hanging leg raises (toes to head) in 1 min.</b> Or "just" raise your legs out to 90 degrees. If you can't do that exercise, do the plank for 1 or 2 min.</li> <li>- 5 min rest</li> <li>- <b>Maximum reps of bench press with 25 percent of your body weight.</b> Do push-ups if you don't have access to a bench press.</li> </ul>
Double poling machine	60	80-90 %	<p><b>THE DYNAMIC 20s</b></p> <ul style="list-style-type: none"> <li>- 10 min warm-up on resistance 1-4</li> <li>- 20 min on resistance 4-8 where you do 1 min at a pace 1 s slower per 500 m compared to your yearbest pace at 5000 m, followed by 1 min at a pace 7 s slower per 500 m compared to your yearbest pace at 5000 m.</li> <li>- 5 min easy at resistance 1</li> <li>- 20 min like above</li> <li>- 5 min cool-down at resistance 1</li> </ul> <p>Hence, the workout is to do two sets of 10 times 1 min with 1 min "rest", where you go hard in the rest.</p>
Rollerskiing	180	75-90 %	<p><b>FALL OF THE 13 ORIGINAL</b> In the fall 2013 I added a recurrent workout that probably helped me to have a great season (for me at least, with a 25th place in Vasaloppet) despite I trained a lot less compared to my opponents. This workout has also helped my clients over the years. It is a physically and mentally tough workout that will get you prepared for the long distance races. Go hard and don't forget sports drink.</p> <ul style="list-style-type: none"> <li>- 90 min easy</li> <li>- 75 min with an intensity that corresponds to a 42 K race</li> <li>- 10 min full speed (note that your muscles might be so tired that your heart rate doesn't raise)</li> <li>- 5 min cool-down</li> </ul>

## NORDENSKIÖLDSLOPPET (4-8 hours of training per week)

Week 41 Oct 11-17	Hours/ week 6,25	Intensity (% of maximum HR)	Workout
Rollerskiing	90	60-75 %	<b>EASY CLASSICS</b> Easy classic skiing. Don't just double pole. Use striding and double pole kick as well.
Strength	45	Not applicable	<b>THE 5-20-10 WORKOUT</b> 5-10 minutes warm-up, such as easy running or skipping rope. 1-2 min rest in-between the sets and exercises on the 5s. 20-30 s rest on the 20s and the 10s. - 3*5 reps bench press. - 3*5 reps pull-ups. Use rubberband to lift you up if needed. Or add extra weight if it is too easy. - 3*5 reps dips. Bar dips or on a bench. Add weights if needed. - 3*20 reps double foot mountain climbers (on an exercise ball or TRX or blanket) - 3*20 reps glute hamstring raise (on an exercise ball or TRX or blanket) - 3*20 reps dumbbell double poling - 3*10 reps lunges with weights - 3*10 reps lats pull down - 3*10 reps dumbbell press (like bench press, but with dumbbells instead) Dumbbell double poling: <a href="https://www.youtube.com/watch?v=VOIGSJt7u0c&amp;iist=PLTCV_j7EzABqXzqcBu-OGoksVZXJzM8dN&amp;t=4s">https://www.youtube.com/watch?v=VOIGSJt7u0c&amp;iist=PLTCV_j7EzABqXzqcBu-OGoksVZXJzM8dN&amp;t=4s</a>
Ski walking/ ski bounding	75	80-90 %	<b>THE LIGHTED LOOP</b> - 20 min warm-up - 45 min running with poles a pretty good prace on a hilly trail such a lighted loop. Do bounding/ski walking in the uphill (don't just run). It should be liking striding on a ski trail. - 10 min cool-down
Double poling machine	75	80-90 %	<b>THE TEAM TIME TRIAL WORKOUT</b> - 10 min warm-up - 5 times 10 min with 1 min rest in-between. On each interval you do four laps with 120 s at somewhat high pace (10 s slower the yearbest pace at 5000 m per 500 m) followed by 30 s at harder pace (yearbest pace). Increase the resistance every interval: 2, 4, 6, 8 and 10. - 10 min cool-down Think of the workout like a team time trial with four others where you take wind for 30 s every 2,5 min.
Rollerskiing	90	60-75 %	<b>EASY CLASSICS</b> Easy classic skiing. Don't just double pole. Use striding and double pole kick as well.