

Training Program for 15km Relay - ATB, March 24, 2013

Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 14	5km	Off	Off	6km 90 sec sprint x 2	Off	11km	Off
January 21	5km	Off	Off	6km hill x 3	Off	12km	Off
January 28	5km	Off	Off	7km 7 min tempo	Off	10km	Off
February 4	6km	Off	Off	7km 90 sec sprint x 3	Off	13km	Off
February 11	6km	Off	Off	8km hill x 4	Off	14km	Off
February 18	6km	Off	Off	8km 8 min tempo	Off	10km	Off
February 25	7km	Off	Off	9km 90 sec sprint x 5	Off	15km	Off
March 4	7km	Off	Off	9km hill x 5	Off	16km	Off
March 11	7km	Off	Off	8km	Off	10km	Off
March 18	5km	Off	Off	5km	Off	Off	Race Day

*A 10km base is needed prior to beginning this program.