

The example workout plan below is a basic outline consisting of one week.

**Monday:**

30-90 minutes of continuous skiing (or some other cardio exercise) Level 1 (very easy) + 6X15 second speed bursts at end.

**Tuesday:**

45-120 minutes of continuous skiing (or some other cardio exercise) Level 1 (very easy) + 8-12X15-20 second speed bursts at end. (roughly 50-75 meters)

Specific Strength (detailed plan attached)

**Wednesday:**

10-20 minute warm-up

30-50 minutes of continuous skiing Level 3 (threshold / just fast enough so you should not be able to hold a conversation)

10-20 minute cool-down

**Thursday:**

45-120 minutes of continuous skiing (or some other cardio exercise) Level 1 (very easy) + 8-12X15-20 second speed bursts at end. (roughly 50-75 meters)

Specific Strength (detailed plan attached)

**Friday:**

30-90 minutes of continuous skiing (or some other cardio exercise) Level 1 (very easy) + 6X15 second speed bursts at end.

**Saturday:**

20-30 minute warm!

Race day? Or Time Trial, or challenging working etc.

20-30 minutes 'All-Out!'

10 minute cool-down

**Sunday:**

Race day? Or 120-180 minute continuous ski.

Notes:

Use under your own risk and it is advised to consult a doctor prior to attempting any cardiovascular activity.

Morning workouts are best for the human body. It's one of the top 10 things that most successful people do as a daily habit. It excites the body and has proven the body burns more calories throughout the day too. Key to remember – Cardiovascular exercise is always worth the effort and is the most beneficial for long-term health. Please keep in mind of taking at least 1 day off per week.

If you would like a personalized plan with week by week detail rates range from \$100- \$400 per month. Contact Andy Liebner at:

[skiwolf55@hotmail.com](mailto:skiwolf55@hotmail.com)

**Education:** Andy received a BA at Northern Michigan University in Coaching / Physical Education, and Sports Nutrition.