

SOVEREIGN LAKE NORDIC

MASTERS XC

WEEK DAY Training

Note: Weekend (Sundays) activity = Easy Distance (touring)

	November	December				January					February				March
	29	6	13	20	3	10	17	24	31	7	14	21	28	10	
Groups	Focus through the season														
A	Skill Develop														
	Fitness														
	Speed														
	Focus through the season														
B	Skill Develop														
	Fitness														
	Speed														
	Focus through the season														
C	Skill Develop														
	Fitness														
	Speed														
	Focus through the season														
D	Skill Develop														
	Fitness														
	Speed														