

**INT** = interval **P** = Pause

**I** = intensity: (based upon Norwegian Olympiatoppen's scale of intensity 1-5 <https://olt-skala.nif.no/> )

**OCTOBER**

	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>
Week 40	INT: 4-6x6 min P:2 min Intensity: I4 Uphill run using poles	Slow long session: 2 - 2,5 hours Intensity: I1/I2 Optional activity	Strength training	INT roller skies or SkiErg: 3-4x15 min P:1-2 min Intensity: I3/I4
Week 41	INT: 8-12x4 min P: 1 min Intensity I3-I5 Run/roller skies/SkiErg	Strength training	Distance, using roller skies 40-60 min work period Recommended: Roller ski track or uphill	Slow long session: 2,5 hours Intensity: I1-I2
Week 42	INT: 8-10x1000 m Intensity: I4 SkiErg 5-10 in resistance	Strength training	INT 3-4x15 min P:1-2 min Intensity: I3/I4 Roller skies or SkiErg	Slow long session: 2,5 -3 hours
Week 43	INT: 4-6x6 min P: 2min Intensity: I4 Uphill run using poles	Short/ Long session - various intensity Let the terrain decide the intensity 45-90 min	Strength training	INT: 45/15x10x3 - 5 series I3-I4 Roller skies

**NOVEMBER**

	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>
Week 44	INT: 4-6x6 min P:2min Intensity: I4 Uphill run using poles	Long session using roller skies - 3 hours Intensity: I1/I2	Strength training	INT: 3-5x10 min or 45/15x10x3 - 5 series. P:1-2 min I3-I4 Roller skies or running
Week 45	INT: 8-12x4 min P:1 min	Strength training	Distance using roller skies	Long session 2-4 hours

	Intensity I3-I5		40-60 min work period	Intensity: I1-I2
	Run/roller skies/SkiErg		Roller ski track, uphill or SkiErg	
Week 46	INT: 4x15 min	Strength training	INT: 8-10x1000 m	Long or combination session
	Intensity: I3		Intensity: I4	Optional length
	SkiErg 1-3-5-7 in resistance		SkiErg 5-10 in resistance	
Week 47	INT: 10-15x3 min P:1 min	Long or combination session	Strength training	INT: 3-5x10 min or 45/15x10x3 - 5 serier. P: 1-2 min
	Intensity: I3/I5	Optional length		I3-I4
	Uphill run			Optional activity