

Strength Training the Female Cross Country Ski Athlete

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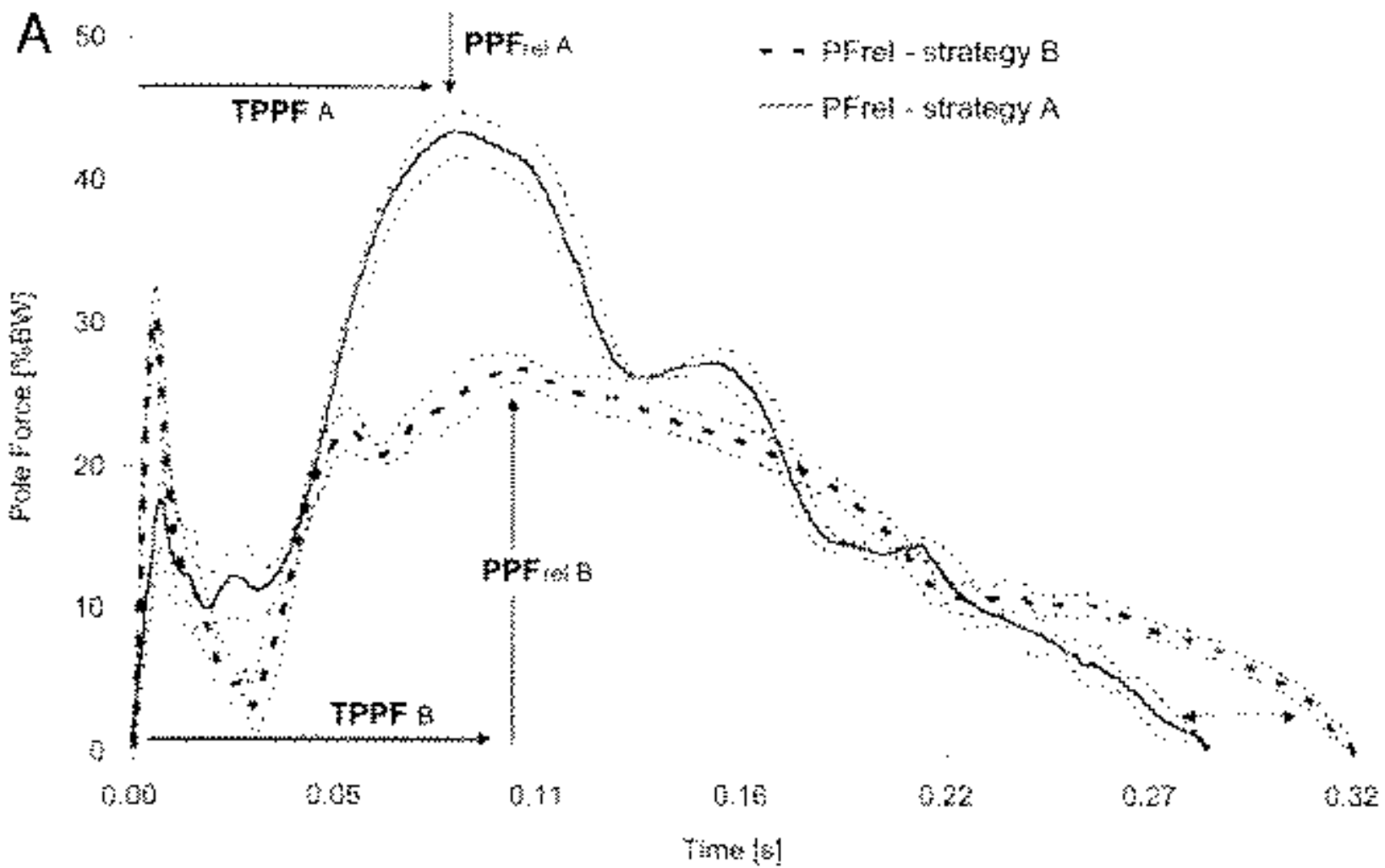
Improved Economy of Work

Increase Force Development

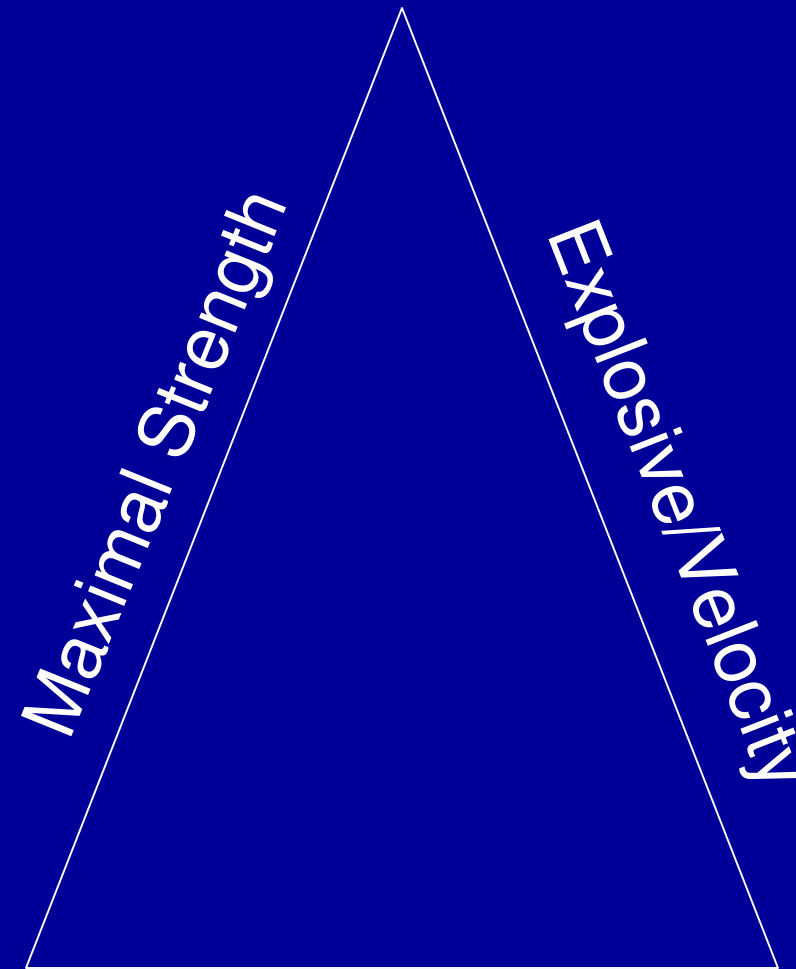
Stronger

Increase Rate of Force Development

Quicker



Power



Things to Keep In Mind

XC Training Priority

Year Round Training

Gradual Progressive Overload

Strength and Intensity Days

Add vs. Take Away

Make it Fun

Stronger

Testing/Evaluation

Technical/Preparatory

Base Strength/Power

Max Strength/Power

Power/Velocity

Maintenance

Testing/Evaluation Strength

Weight Room Testing

Test Day vs. Built in Checks

Isometric Force

Dynamic Force

Technical/Preparatory

4-6 Weeks

2-3 Days/Week

General Upper and Lower Ex.

10-6 Reps

2-3 Sets

50-70% 1RM Intensity

Short Workout with Minimal Fatigue

Base Strength/Power

6-8 Weeks

2-4 Days/Week

General Upper and Lower Ex.

6-4 Reps

2-4 Sets

60-85% 1RM Intensity

Base Strength/Power (Hypertrophy-Muscle Building)

6-8 Weeks

4-6 Days/Week

Multiple Exercise/Body Part

12-8 Reps

2-6 Sets

60-80% 1RM Intensity

High Volume Training

Hypertrophy and Women

Max Strength/Power

8-12 Weeks

2-3 Days/Week

Specific Upper and Lower Ex.

6-3 Reps

2-5 Sets

70-90% 1RM Intensity

Linear Progression No Fatigue

Power/Velocity

8-12 Weeks

2-3 Days/Week

Explosive Upper and Lower Ex.

10-3 Reps

2-5 Sets

30-70% 1RM Intensity

Maintain Max Strength

Plyometrics

Maintenance

Throughout Season

1-3 Days/Week

Explosive/General Upper and Lower
Exercises

6-3 Reps

2-3 Sets

30-85% 1RM Intensity

Maintain Max Strength and Power

Stay Fresh

Peaking

Max Strength Workout
10-14 Days

Power/Velocity Workout
3-4 Days

Strength Exercises

Squats

Step-up

Leg Press

RDL- Hamstring Work

Bench Press

Lat Pulldown

Shoulder Press

Quicker

Testing/Evaluation

Plyometrics

Explosive Lifting

Testing/Evaluation Power

Static Jumps

Countermovement Jumps

Displacement, Force, Velocity,
Power

Plyometric/Explosive Exercises

3-5 Jump Exercises
2-5 Sets, 5-10 Reps
2-3 Days/Week

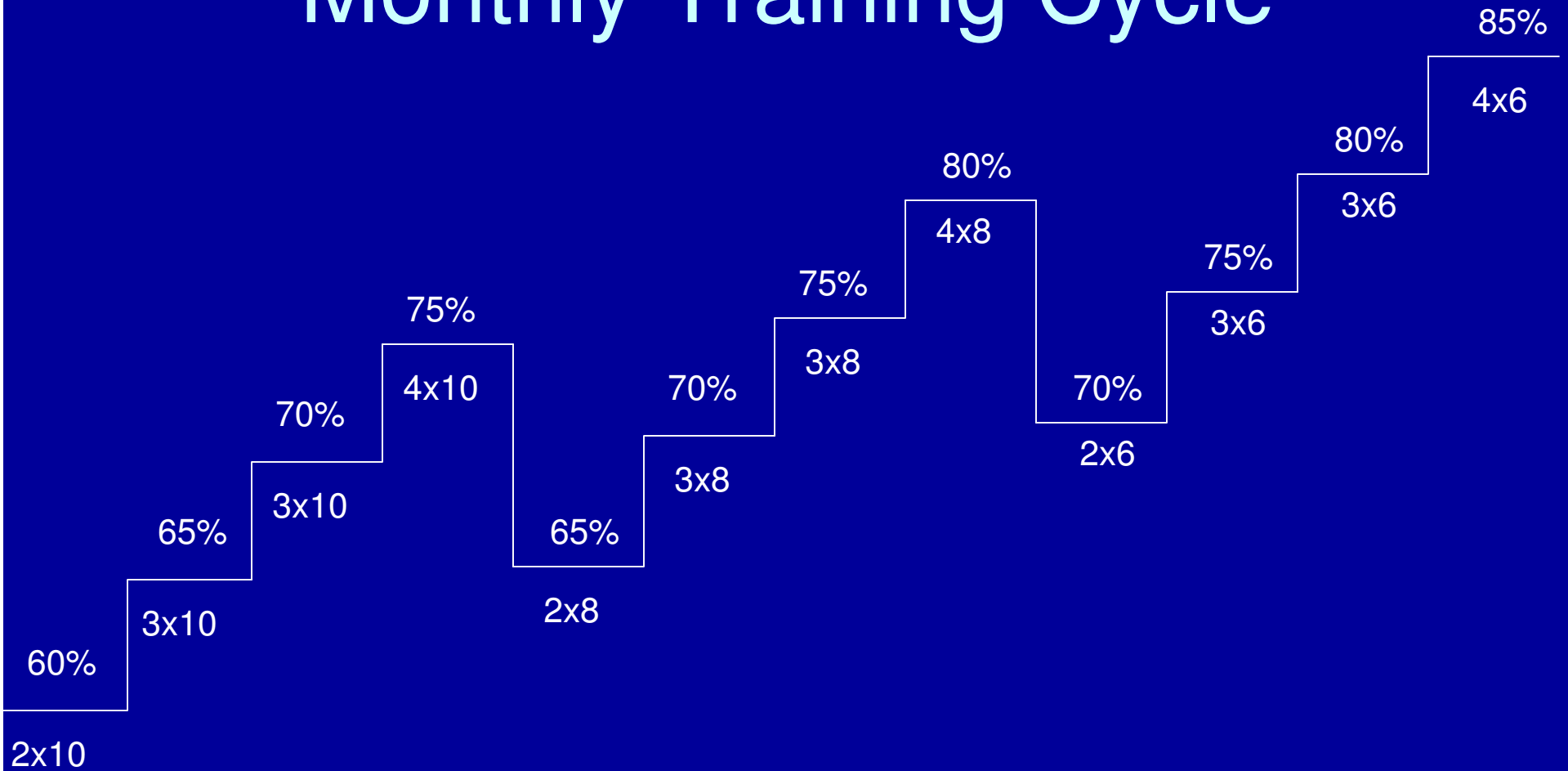
Olympic Lifting
Low Volume 1-5 Reps

Weighted Jumps 30-70% 1RM
Low Volume 1-5 Reps

Week Training Cycle

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Aerobic	Intensity Threshold	Aerobic	Intensity VO2	Aerobic	Intensity Threshold	Long Distance
	Strength Light Aerobic Recovery		Strength Medium Aerobic Recovery		Strength Heavy Aerobic Recovery	

Monthly Training Cycle



Yearly Training Cycle

April	May	June	July	August	September	October	November	December	January	February	March
Technical Prep Strength		Base Strength		Max/Power Strength		Power/Velocity/Max Strength			Maintenance Strength		

Female Concerns

Getting Too Big?

Upper Body Strength

Strength Increases Same for Men and
Women

Bone Density

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