

# Vasaloppet Training Program

Training towards a long distance race can be a lot to overcome!

With ThoraxTrainer as part of your training, you will have the greatest potential for a perfect well-adjusted training including

## **Strength, Core, Balance, Endurance and VO2-max!**

All of this is necessary for you in your adventures in Cross-country skiing. Use the following guidelines and programs in your training.

Just remember: The more efficient and hard you train before your race, the easier and fun it will be.



# Frame program towards Vasaloppet:

Depending on your ambitions, chose your frame program from the table below.

Type of training	Program 1 Finish time around 9h 2-3 training sessions a week 2-4 hours a week	Program 2 Finish time 7-8h 3-5 training sessions a week 3-5 hours a week	Program 3 Finish time 6-7h 4-6 training sessions a week 4-8 hours a week	Program 4 Finish time 5-6h 5-9 training sessions a week 6-10+ hours a week
Roller skiing	1 x 45-90 min	1-2 x 45-120 min	2 x 45- 120 min	2 x 45-180 min
Running	1 x 30-60 min	1-2 x 30-60 min	2 x 30 - 60 min With - Ski walking - Classic bound	2 x 30 - 90 min With - Ski walking - Classic bound
ThoraxTrainer	1 - 2 x Programs a week of 10-30 Minutes	2 x Programs a week of 15 – 30 minutes	2 - 3 x Programs a week of 15 – 30 minutes	3 x Programs a week of 15 – 60 minutes
Strength training Every morning	Push-ups (10–30 x 3) Sit-ups (10–30 x 3)	Push-ups (10–30 x 3) Sit-ups (10–30 x 3)	Push-ups (10–30 x 3) Sit-ups (10–30 x 3)	Push-ups (10–30 x 3) Sit-ups (10–30 x 3)
Other		A long session on roller ski (45 to 90 min.) 1 / month.	Long session on roller ski (1,5 to 3 hours) 1-2 / month.	Long session on roller ski (1,5 to 4 hours) 1-2 / month.
Skiing on snow	Not necessary	Not necessary	Advantage	Necessary

## Ski training programs for ThoraxTrainer®

Program 1 and 2 =  
Endurance and fitness

Program 3, 4 and 5 =  
Max power, strength  
and VO2-max

Use these 5 programs randomly, but never do one program more than once a week.

All programs are High Intensive Training.

**Careful:** If resistance levels does not suit you (for light or heavy), change to a different output level.

Abbreviation	Meaning
DP	Double Poling
DIP	Diagonal Poling
DP-1	Double Poling on one leg at a time. Change leg every 30. Sec.
DP-2	Double poling with jump from leg to leg.

### Program 1

Fitness, threshold, endurance, strength, core stability and balance.

6-8 x 2 min., 80-90 % of max. / 30 sec. rest between each interval

Interval no.	Technique	Resistance		Strokes/min
		Men	Women	
1	DP	5-6	3-4	42
2	DP	5-6	3-4	44
3	DP	6-7	3-4	46
4	DP	6-7	3-4	48
5	DIP	5	3	Free
6	DP-1	6	3	Free
7	DP	5	3	Free
8	DP-1	6	3	Free

### Program 2

Fitness, threshold, endurance, strength, core stability and balance

6-8 x 3 min., 80-85 % of max. / 1 min. rest between each interval

Interval no.	Technique	Resistance		Strokes/min
		Men	Women	
1	DP	5-6	3-4	46
2	DP-1	5-6	3-4	Free
3	DP-2	5-6	3-4	Free
4	DP	7-8	4-5	48
5	DP-1	6-7	3-4	Free
6	DP-2	6-7	3-4	Free
7	DP	7-8	5-6	40
8	DP	7-8	5-6	42

### Program 3

Explosion, maximal speed, power, strength, VO2 Max.

6 x 30 sec. at max. speed / 2 min. rest between each interval

Interval no.	Technique	Resistance		Strokes/min
		Men	Women	
1	DP	5-7	4-6	Free
2	DP	5-7	4-6	Free
3	DP	6-8	4-6	Free
4	DP	6-8	5-7	Free
5	DP	7-10	5-7	Free
6	DP	7-10	5-8	Free

### Program 4

VO2 max, threshold, strength, Power, VO2 Max.

10 x 1 min, 90 % of max. / 1 min. rest between each interval

Interval no.	Technique	Resistance		Strokes/ min.
		Men	Women	
1	DP	5-7	3-5	Free
2	DP	5-7	3-5	Free
3	DIP	5-7	2-5	Free
4	DIP	5-7	2-5	Free
5	DP-2	5-7	3-5	Free
6	DP	6-8	4-7	Free
7	DP	6-8	4-7	Free
8	DIP	5-7	3-5	Free
9	DIP	5-7	3-5	Free
10	DP-2	6-8	4-6	Free

### Program 5

VO2 max, Endurance, Threshold, Power Strength.

30 sec. interval with 10 sec. at max. speed followed by 20 sec. at slow rate.

Workout = 15 – 30 min.

Increase resistance one step every third interval, and then start over again.

Resistance level men: 5-10

Resistance level women: 3- 7

Stroke rate: Free

# Other Training in ThoraxTrainer

Beside the 5 keyprograms in your Vasatraining you can still train in ThoraxTrainer. All other sessions should be at max 70 % of max. heart rate.

Please check out videos on [www.ThoraxTrainer.com](http://www.ThoraxTrainer.com) for alternative exercises and inspiration.

[Please find below more inspirational training programs that will also be beneficial for you in your preparation for Vasaloppet:](#)

Abbreviation	Meaning
DP	Double Poling
DIP	Diagonal Poling
DP1	Double Poling on one leg at a time. Change leg every 30. Sec.
DP2	Double poling with jump from leg to leg.
DIP1	Diagonal Poling on one leg at a time. Change leg every 30. Sec.
SQT	Squatting position with elbows on legs (downhill position when skiing)

## Program 6 (Over the hill)

9 x 3 min. interval  
with 1 min. rest.

Go as fast as you can in every 3-minute session. It is important that you stay with the frequency written (strokes per. minute). The idea of this program is to become better in using your core in every stroke and to build strength in the legs as well. It is important that you increase the resistance after each 9 min. block reaching substantial resistance in the last block - Like steep uphill.

Time	Technique	Resistance	Frequency
3 min./1min. rest	DP	4 / 5	40
3 min./1min. rest	DP	4 / 5	50
3 min./1min. rest	DP	4 / 5	40
3 min./1min. rest	DP	5 / 6	40
3 min./1min. rest	DP	5 / 6	50
3 min./1min. rest	DP	5 / 6	40
3 min./1min. rest	DP	6 / 7	40
3 min./1min. rest	DP	6 / 7	50
3 min./1min. rest	DP	6 / 7	40

## Program 7 (Pyramid Intervals)

5 minute easy on 1-2 resistance. Only double poling.

Time	Resistance	Frequency	Rest
30 sec.	10	Fastest compared to length of interval	15 Sec.
1 min.	9		30 Sec.
2 min.	8		1 min.
3 min.	7		1,5 min.
4 min.	6		2 min.
3 min.	7		1,5 min.
2 min.	8		1 min.
1 min.	9		30 Sec.
30 sec.	10		15 Sec.

**3 minute slowly at the end on 1-2 resistance.**

## Program 8 (The Skier)

Training program 6 min. X 3 with 1 min. rest every 6 minutes.

Each 2 min interval = 30 sec. DP – 30 sec. DIP – 30 sec. DP2 – 30 sec. SQT

Time	Technique	Resistance	Frequency
2 min.	DP – DIP – DP2 – SQT	4-6	free
2 min.	DP – DIP – DP2 – SQT	5-7	free
2 min.	DP – DIP – DP2 – SQT	6-8	free
Rest 1 min.			

X 3 times

## Program 9 (The Skier advanced)

Training program 6 min. X 3 with 1 min. rest every 6 minutes.

Each 2 min interval = 30 sec. DP2 – 30 sec. DP – 30 sec. DIP1 – 30 sec. SQT

Time	Technique	Resistance	Frequency
2 min.	DP2 – DP – DIP1 – SQT	4-6	free
2 min.	DP2 – DP – DIP1 – SQT	5-7	free
2 min.	DP2 – DP – DIP1 – SQT	6-8	free
Rest 1 min.			

X 3 times