

MSSC Summer Training Program: Weekly Schedule : 4 Week Intervals

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Off/ Optional Swim	RDB (20 Miles)	Off/ Optional Swim	DL	TWO	WWO-Run	TSS+Swim
Off/ Optional Swim	RDB (15 Sprints)	Off/ Optional Swim	DL	TWO	WWO-Run	TSS+Swim
Off/ Optional Swim	RDB (25 Miles)	Off/ Optional Swim	DL	TWO	WWO-Run	TSS+Swim
Off/ Optional Swim	RDB (25 Miles)	Off/ Optional Swim	DL	TWO	WWO-Run	TSS+Swim

RDB: Road Bike

TSS: Technical Speedskating Session

WWO: Weight Workout

Run or Swim

TWO: Track Workout

DL: Dryland

OFF: Stretch, Have fun, do something non-speedskating related!

MSSC Google Calendar: <https://calendar.google.com/calendar/b/2?cid=bWFkaXNvbnNwZWVkc2thdGluZ2NsdWJAZ21haWwuY29t>