

12-WEEK WINTER PLAN

Base, build, specific. Weeks 1 to 6. Tick the box when a session is done.

WEEK	BLOCK	RUN	STRENGTH	COMPROMISED RUN	STATION / SIM
W01	Base	35 min easy + 4 strides	Lower + upper, 3 x 8, easy load	3 x (400 m run + 10 wall balls)	Sled push 3 x 4 x 12.5 m, learn the lane
		☐	☐	☐	☐
W02	Base	40 min easy + 6 strides	Add a pull and a carry, 3 x 8	4 x (400 m run + 10 wall balls)	Row 3 x 500 m, steady
		☐	☐	☐	☐
W03	Base	45 min easy + 6 strides	Heavier: 4 x 6 on the big lifts	5 x (400 m run + 10 wall balls)	SkiErg 3 x 500 m, steady
		☐	☐	☐	☐
W04	Base / check-in	30 min easy	Light, 2 x 8, stop early	Skip this week	Check-in: 1 km run, 1000 m SkiErg, 100 wall balls, for time
		☐	☐	☐	☐
W05	Build	5 x 1 km at goal pace, 90 s rest	Lower, 4 x 6, plus lunges 3 x 20 m	3 x (1 km run + 1 station)	Sled push + pull, 4 x 12.5 m each, twice
		☐	☐	☐	☐
W06	Build	6 x 1 km at goal pace, 90 s rest	Upper + carry, 4 x 6	4 x (1 km run + 1 station)	Burpee broad jumps 3 x 40 m
		☐	☐	☐	☐

12-WEEK WINTER PLAN

Base, build, specific. Weeks 7 to 12. Tick the box when a session is done.

WEEK	BLOCK	RUN	STRENGTH	COMPROMISED RUN	STATION / SIM
W07	Build	6 x 1 km at goal pace, 60 s rest	Lower, 4 x 5, heavy sled work	4 x (1 km run + 1 station)	Half sim: 4 runs + 4 stations in order
		☐	☐	☐	☐
W08	Build / check-in	30 min easy	Light, 2 x 8	Skip this week	Check-in: repeat the week 4 benchmark and compare
		☐	☐	☐	☐
W09	Specific	8 x 1 km at goal pace, 60 s rest	Maintain: 3 x 5, keep it crisp	5 x (1 km run + 1 station)	Half sim at goal pace
		☐	☐	☐	☐
W10	Specific	40 min steady + 4 x 1 km at goal pace	Maintain: 2 x 5	6 x (1 km run + 1 station)	Station block: all 8, no runs, quality reps
		☐	☐	☐	☐
W11	Specific	6 x 1 km at goal pace, 45 s rest	Light: 2 x 6, no failure	8 x (1 km run + 1 station)	Full simulation: all 16 segments, log the splits
		☐	☐	☐	☐
W12	Specific / check-in	30 min easy + 4 strides	Light and short	Skip this week	Check-in: benchmark retest, then plan the next block
		☐	☐	☐	☐

BENCHMARK LOG

1 km run W4 _____ W8 _____ W12 _____

1000 m SkiErg W4 _____ W8 _____ W12 _____

100 wall balls W4 _____ W8 _____ W12 _____