



5 DAY CHALLENGE

GET TO KNOW YOUR TRAINING ZONES

SAT	SUN	MON	TUE	WED

Go the distance!

Mark an "X" on each day you complete a workout!

Hello, and welcome to the 5 Day Challenge!

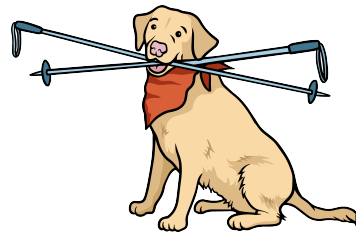
This mini Accountability Calendar can help you stay motivated to complete the Challenge. Print it out and stick it to your fridge.

Take the guesswork out of your training, and follow our structured, purposely built training plan. Discover how targeted workouts in each Training Zone can increase your fitness and help with your ski faster goals.

Best of luck with completing the Challenge!

Ski Happy,

Coach Dasha 😊



NORDIC SKI LAB