

# How to skate a 10k

...and also half a 10k

*by Nils van der Poer*

“It seems that all true things must change and only that which changes remains true”

- Carl Ljung



*This document was possible thanks to all the people who taught me this and put me on the proper path. I thank you from the bottom of my heart for this journey.*

## Background

A friend of mine thinks that my success is mostly based on me being a talent. That the training plan that devoured me wouldn't give anyone else the same results. Perhaps he's right, perhaps he's not. I actually think that he is a little right and a little wrong. I like to think that I earned my success. I also wish for the sport to keep developing and for my records to be broken. I will not be the one to break 6.00,00 nor 12.30,00, but maybe someone else will. For those who might want to, I wrote this document. It's basically a summary of how I trained from May 2019 to February 2022.

As I came back to my speed skating oriented training in May 2019 I had just left the army. I was like any other serving private at the moment. I was decent in the gym squatting 125kg, I could run 10km in 40 minutes and I did plenty of core training. That changed as I once more turned my attention towards the ice rink. Instead of training to stay healthy, fit or athletic, I started training to become a speed skater. That's a vital difference.

This program was constructed for me, an elite and adult full time speed skater. It is not something juniors should attend with. In my opinion, juniors should practice a great variety of sports and exercises, focusing on enjoyment, development of character, strength, speed, cardio, mobility, balance and technique. However, as I endured this program I already knew how to skate and I had a good base of strength training, not only from my army training but also from my teenage years. Due to my past I was able to withstand a decent amount of training to begin with. I must emphasize that copying my program is not possible for most athletes straight away. If you would like to try something similar it will be necessary to ease into it and increase the training load carefully and wisely, but also rapidly. Do not forget to stick to the Limit. If you do, I am confident that you will be able to perform the same program as I did and perhaps exceed my results.

During my last two seasons I regularly skated 240 laps of 30,0 weekly, alone and with lane change. I believe that I am the only skater ever to be able to do that continuously. I was not born this way, I worked for it. From May 2019 up until August 2020 I abstained from competitions on ice and instead aim my powers at developing a strong aerobic base that enabled me to, later on, perform more high intensity work than ever before. The physical ability that enabled my success was a very strong aerobic base.

## General training idea

The common way to approach the sport seems to me to be to acquire some certain abilities (i.e. maximum strength, VO2max, threshold, technique, mobility, core stability etc.) and as the competition approaches you put all these abilities together, like a puzzle, and so you build the perfect speed skater. To some extent I approached the sport in a similar way, but I believed that the puzzle only had two pieces. (1) Competition speed capacity and (2) aerobic capacity.

Instead the main idea of my training program was that *you will become good at whatever it is that you train*. The idea was that whoever skated the most laps of 30,0 during the last three months prior to the competition would win the 10k. My preseason (reaching up to 3 months prior to the prioritized competition) basically had two aims: (1) build the capacity to be able to skate a lap of 30,0 and (2) build a good recovery so that I could skate a 30,0 as often as possible. Since skating a lap of 30,0 is not so hard for a world cup speed skater, I mainly focused on building a strong recovery.

Some pro athletes say that, since they are professionals and can train as much as they like, they might as well add some weight training, and some stretching, and some core, and some technical sessions, and some training competitions, and some coordination sessions... All training sessions are performed at the expense of other, more efficient, training sessions, or at the expense of recovery after these sessions. My point isn't that stretching is useless. If you need to stretch then go ahead and bend over. But do not fool yourself; do not drop hours from the essential sessions in order to perform something that sounds cool or is easy. Yeah, the gym is warm and nice, mirrors everywhere so that you can see your pretty face and attractive muscles. But you're more likely 50 watts of the required bike threshold to make it below 12.00,00, than you are 50kg in squats from it. I completely cut what I thought were the sub-optimal sessions in order to increase the optimal ones. But, as I'm looking back upon it all, 5 minutes of core and stretching weekly would have been a smart way of staying clear of injury. Those "prehab" sessions I believe should be approached with an attitude of "how little of this is enough?" in order not to get injured nor steal time and effort from the essential sessions. During winter I skated a lot more competition speed laps than any other long distance speed skater, but I did a lot less of any other high intensity training than all the others.

## The 5-2 day training program

I almost always trained after a 5-2 day training program. Training for five days and then resting for two days. My rest days were usually during weekends. In that way I could spend the weekends doing fun stuff with my friends. Usually I did not train at all during rest days. I rested both my mind and my body. However, if my friends wanted to go alpine skiing or go for a hike, I would join them. But I didn't perform any intended active recovery. I tried to live a normal life.

The 5-2 day training program has lots of benefits. I was never more than 5 days from two consecutive rest days, which was a nice mental relief. I could live like a normal person with workdays and weekends. And if for some reason I wouldn't get to bed before 4 p.m. Friday night I'd still have two nights to recover before Monday morning. Also, as I trained a lot I became more and more addicted to the hormones of training, so when Sunday evening

approached I started longing for my Monday session (which was usually a 7h bike ride and not something I was longing for on any other day of the week). But the upside to the 5-2 in the long run was not only psychological. As I rested for two days my body would get a reset. On Monday-sessions I would always be well rested and ready for another hard five days. And if I weren't well rested, if my pulse was not responding as usual or if my legs felt heavier than they usually did on a Monday-session, I would take notice early. I would know that something was abnormal before it became a real issue and I would throw in some extra rest days and avoid a negative trend. As the week proceeded I would also know how much I could push it on a Tuesday, Wednesday... and so on to still stick close to, but still on the right side of, the Limit. Thanks to consecutive use of the 5-2 model I knew how tired I could be, how sadly my pulse could respond, how low my lactate response could be and how much my watt numbers on the bike could drop on a Wednesday session, but still make me able to make it to Friday in a decent manner. In short: the 5-2 made it very easy to manage the training load.

Though the 5-2 has one big challenge: 48 hours of no training weekly. For some it's a dream, for some it's a nightmare. It's especially hard during training camps where one just wants to train. But I stuck to my rest days and learned to enjoy them. A lot of athletes are not used to having all this sparetime and, to get accustomed to it, a hobby and some friends are needed. I spent a lot of time figuring out what I wanted to do with all this time and it really pushed me out of my comfort zone. Creating meaning and value in life outside of the speed skating oval helped me get through tough training periods. When the training wasn't going great, perhaps something else in life did and that cheered me up. Later on, when I became more successful and there was a media hype around me, the normal part of my life helped me keep myself grounded. I knew who I was and I was not just a speed skater. Today I'm very happy for all the friends I've made on all of those two rest days. Most of these friends are not speed skaters and to me they shed light upon my life from a new perspective. For that I am very thankful. I believe that it was the value I created outside of the sport, and not the success within it, that made it worthwhile to live in this manner; to face the horrific fact that only one of us will win the competition and all the others will lose; that injury or sickness can sabotage four years of work. It was not my success that justified my sacrifices, it was my friends, and I owed it to them to try to live up to my full potential.

It was not an easy thing to all of a sudden start living like a normal person. It was a challenge for me to discover that without my sport I did not have many friends or much meaning in life. For this reason I did not rest and did not explore myself as a teenager. Instead I identified fully with the sport and its culture (and no matter how corrupt the culture became I stood by it, because I saw no other way of living). In this way I became very dependent on my sporting success and not so comfortable with the possibility of failure as it would not justify my sacrifices. Creating value outside of the ice rink decreased the value of the sport in my life (as a teenager the sport meant everything to me, which I do not believe is a good thing), and initially my ambitions within it. I was very distracted by the multifaceted lifestyle of mine up until the 2018 OG. But, as it became clear to me why and how I wanted to skate, I learned to handle the distractions, I learnt to apply discipline and it made me free. After learning how to master discipline, the meaning I created in my life, outside of my sport, no longer distracted me, instead it made me comfortable with the idea of losing, and so speed skating became much more relaxed and a lot more fun. There was no longer anything to fear. In the long term, the meaning I created apart from my sport made me like my sport

more, because suddenly it enriched my life rather than limiting it. It also made me more determined to work hard, because training was not my last resort, it was my voluntary choice endured at my own conditions.

#### Four different seasons

My yearly training program was divided into three different seasons. First the Aerobic season, secondly Threshold season, thirdly Specific season and lastly Aerobic season 2.0. My coach and I applied the 5-2 to all of them. The better I performed my Aerobic season, the better prepared I was to perform high volume of high intensity in the later training periods. "With great aerobic power comes a great anaerobic responsibility" (I twisted the Uncle Ben quote a little, it basically means that the stronger I got aerobically the more high intense intervals I was able to perform. That was both satisfying and exhausting at the same time.)

It was crucial to ease into each of the different training seasons. I didn't snap into the Aerobic Season going to 33 hours a week in no time. It took a few months to get there. Likewise the Threshold season was preceded by a couple of weeks with some easier threshold sets squeezed into the end of the Aerobic season. The same idea was applied as I went into the Specific season. I called those sessions "Habitation sessions" as I logged them.

#### Aerobic Season (where more is more)

Aerobic Season started as soon as the speed skating season ended and lasted up until the end of July. This season had one aim: Get. Aerobically. Fit. The 10 000m is partly an aerobic event, but I would also need the aerobic capacity in order to recover faster, so that I could train more in the coming training periods. The stronger I got aerobically, the more anaerobic sessions I could do later on. I purified the aerobic season. I only trained aerobically, but in different training forms that would engage my legs, i.e. biking, x-country skiing, running and ski mountaineering. I believed it was not to be efficient to do high intensity work all year around.

My target developed during the summer of 2021 to reach 33h of cycling weekly. I would aim to do three 7h bike rides and two 6h rides. If I would've been able to run, which I wasn't due to injury, I would have lowered the hours a little and settled for 25h weekly (or approx. 30h if I would've combined running and cycling).

Reaching these kinds of hours was harder mentally than physically. As long as I increased the training dose in a reasonable manner my body would comply. But I had to learn many tricks to get through the mental process of endeavoring the hours. I started off by asking myself "What am I willing to do voluntarily?" and then I started negotiating myself for more hours on top of that. I had to negotiate, or rather bribe myself, a lot. Doing some hours before breakfast made the day pass by smoother, pausing the session for a proper lunch was a must and candy was a successful way of convincing myself to keep going for another hour. Switching activity halfway was also a good trick to ease the mind a little. Sometimes it was fun, sometimes it wasn't. Sometimes it rained, sometimes it didn't, but I always did what I set out to do. I held myself responsible for staying motivated (by figuring out what made it fun and what made it not, and then doing more of the fun part) and for keeping on working hard. During the Aerobic season I planned for some endurance challenges. It could be a

100km run, a 5 day running stage race of 280 km or a 600 km bike ride. The main purpose of this was to inspire myself to train more, gather more hours, but also to get some cool experiences out of my career. After all I didn't get to decide whether or not I would win the olympics. But I did decide if I wanted to complete a 100 miles ultra run or not. I simply tried to get the most out of my career. I've only ever cried after my own sporting event once, and that was tears of joy as I completed my 100 mile run. Creating more meaning within training not only made me stronger, but also happier and more motivated. Though I learnt not to complete these challenging races too close to the speed skating season. I often got some minor injuries during them or approached overtraining after them. The long pre-season of 2019-2021 was really nice in this aspect since I could take on bigger risks when competition season was far away.

I held myself to a high standard and I rewarded myself properly and often. When I failed I forgave myself and tried my best not to fail again. I never felt sorry for myself, no matter the hour, wind, rain or temperature. I volunteered to do this. I wanted it because it was hard and throughout the training sessions I tried to keep that in mind. I questioned my decision to be a speed skater a lot, but I didn't question it when I was suffering, then I only got through it. I left the questioning for rest days.

I didn't force myself to any intensity during the Aerobic season. If I was longing for an interval set I sometimes went for a little threshold during the Aerobic season, but usually I would just clock the hours. As I was biking I usually kept around 250W (when I started training in may 2019 I was doing 200W on my bike rides), sometimes I was feeling hot and went harder. But 250W for 6-7 hours was usually a challenge good enough. The nice thing about only doing aerobic work was that I had no sessions I needed to be fresh for, so I could push even the aerobic sessions when I felt like it during the Aerobic season. I think that during this season I could've added some other sessions without having to drop the hours. Perhaps I could've started my Mondays with just a few sprints and that would've increased my ability as an allround speed skater substantially. But my pelvis injury prevented me from this course of action.

During this season I ate a lot, probably around 7000 kcal per day. I gained about five kilograms during summer to stay on the safe side when it came to preventing injury. I tried to eat a lot of fats so that my energy flow during the day would be more even. As my ability to use fat as an energy source would increase, my lows during the long rides wouldn't be as low. Downing 7000 kcal per day is a challenge. My dental health was shit during this period from all the eating and I wish I would've addressed that issue earlier on in my career. Brushing my teeth three times a day was the way to go, but I realized this way too late. However, to down all the calories I was drinking whip cream during sessions, another recurring routine was to eat potato chips after dinner until I went to bed. Aerobic season is food season and I tried to enjoy that, but usually I was experiencing a food coma and hunger at the same time. It's quite a weird feeling.

Aerobic season was laid back season. I trained the most volume, but since the pace of the sessions was only of moderate importance I lived more freely outside of training (to the extent that I had energy for). I.e. If I wanted to go for a trip with my friends Thursday-Sunday I would squeeze in 30 hours of training Monday-Wednesday and then have four days of no training. This was not possible during the other seasons.

#### *Example week during the Aerobic season*

Mon 7h biking at 260W  
Tue 6h biking 250W  
Wed 2h x-country skiing + 4h biking at 250W  
Thu 7h biking at 265W  
Fr 6h biking at 240W  
Sat Resting  
Sun Resting

#### Threshold season

I started the threshold season in August and it lasted approximately 10 weeks. I dropped the hours to 25 hours weekly and tried to do as many of those hours on threshold as possible. It was important not to start off too hard so I always made a smooth transition from only going aerobic to reaching high levels of weekly threshold hours. I started the Threshold season with sessions like 6x8 minutes a few times a week and increased the load as rapidly as possible, reaching 8 hours weekly with sessions like 4x30 minutes and 6x15 minutes. I tried to do more than 8 hours a week a few times, but it always backfired. I usually went a little under 4mmol/l in order to increase the total threshold volume. I do believe that going 4mmol/l instead and lowering the hours just a tiny bit might have been just as, or perhaps even more, effective. I did my threshold hours on the bike because of its similarity to speed skating and for its easy measuring in Watts. Being able to clearly see the development over a time period was very motivating, but also necessary in order to manage training load.

I didn't give it my all early on in the week, instead I wanted to last up until Friday. But, in order to know *how hard* was *too hard*, of course, I had to test the Limit a few times, just to be sure I wasn't too far from it. My aim for these threshold sets was somewhere 390-420W on the bike. If I wasn't able to keep my normal watt numbers, i.e. if my power dropped more than 3 % from what it normally was about I would consider aborting the session and taking two days of rest. I trained so hard that I was comfortable with giving rest to my body when it asked for it. In order to help myself to keep my watt numbers throughout the week I shortened the timeframe of each threshold set with every day that passed . I also lowered the intensity on my aerobic hours to approximately 220W so that I would have more energy to spend on the threshold.

#### *Example week during the Threshold season*

Mon 5h biking (5min 200W, 6min 260W, 4x30min 401W with 5min rest, 2,5h 220W)  
Tue 5h biking (5min 200W, 6min 260W, 5x20min 405W with 4min rest, 3h 220W)  
Wed 5h biking (5min 200W, 6min 260W, 6x15min 408W with 4min rest, 3h 220W)  
Thu 5h biking (5min 200W, 6min 260W, 4x20min 405W with 4min rest, 3h 220W)  
Fr 5h biking (5min 200W, 6min 260W, 9x10min 406W with 3min rest, 2,5h 220W)  
Sat Resting  
Sun Resting

## Specific season

Specific season started about three weeks prior to the first world cup. I eased into it at the end of Threshold season by doing a few easy ice sessions in the last two weeks of Threshold season. But as soon as the Specific season started I changed focus to doing laps at competition speed on the ice. I now completely subsided from the threshold training in order to free up energy to spend on skating laps on the ice. I never skated slower than competition speed due to two reasons. Firstly (1) I consider technique to be altered to a specific speed. So as I was skating at a slower speed I contaminated my competition speed technique. Secondly (2) I didn't want to wear out, or tire, my legs by skating slowly as the number of competition speed-laps I could perform weekly would decrease if I wasted my energy by also going slow on the ice. Instead, in order not to drop my aerobic capacity too low during the Specific season, I biked or ran after my ice sessions (dropping my watt numbers even lower than in the Threshold season, now down to approximately 200-220W). I would always do the Ice sessions before the bike ride, in order to be fresh for the ice work. The aerobic session after was usually 2,5-3 hours of biking or 1,5-2 hours of running.

Specific Season was also the weight losing season. I went from 85kg in Oktober down to 80 kg when January began. I made sure to eat more when I was training more, and less when I was training less. I didn't hurry too much to lose the weight though, the first WC block I was weighing in at 82-83kg. It was crucial for me to be energized whilst training, especially during the high intensity sessions. So a slow and steady weight loss was the way to go. I weighed in every morning from October till February and wrote down the results. I was never stressed about my weight since I had such good control over it during winter and got to enjoy superfluous amounts of food during summer.

I had two different ice sessions. One was aiming to increase my 10 000m and the other one my 5 000m. I mainly performed the 10 000m-session since it accumulated more "time under tension". I always did the same warm-up on my bike and I used the same warm-up for my competitions. I never did any warm-up on the ice prior to training nor competition, since it's hard to perform an ice warm-up properly during competitions. Instead I learnt to skate without any ice warm-up. The bike warm-up was always performed wearing my speed suit to shorten the time frame between warm-up and the first set on ice. If the time between warm-up and first set was too long my heart rate would not respond properly during the first set on ice.

Unfortunately my pelvis injury impeded me from performing starts at practice. However, I believe it is wise to start the first set of every session from a standing still, competition-like start.

I usually dedicated full weeks either to the 10k or the 5k session. In 5k weeks I believed it to be wise to drop the aerobic hours a little (maybe 25% less compared to a 10k week) to stay energized enough to put down truly fast laps on the ice.

*The warm-up:*

5 min 200W

6 min 260W

3x30" 400W with 30" rest

2 min 400W

→ rush to the ice (8 min until start of the first set)

*The 10k session:*

Bike warm-up

3x8 laps at 30,0" with 2 laps rest (1min 20 sec rest)

30 min rest (I usually got on the bike and did some easy stretching during this pause, but right before I left the bike for my next set on the ice I did 45 seconds of threshold so that I would be warm and ready for the coming set.)

3x8 laps at 30,0" with 2 laps rest (1min 20 sec rest)

*The 5k session:*

Bike warm-up

3x4 laps at 29,0" with 2 laps rest (1min 20 sec rest)

10 min rest

3x4 laps at 29,0" with 2 laps rest (1min 20 sec rest)

30 min rest (I usually got on the bike and did some easy stretching during this pause, but right before I left the bike for my next set on the ice I did 45 seconds of threshold so that I would be warm and ready for the coming set.)

3x4 laps at 29,0" with 2 laps rest (1min 20 sec rest)

Thanks to a successful Aerobic season and Threshold season, I was able to perform these sessions five days in a row (of course easing into it in the beginning of the Specific season) without dropping the average lap time too much throughout the week (keeping it within 0,3 seconds/lap AVG/session). Once again, if my output dropped too much I would abort my session and have extra rest days instead.

*Example week during the Specific season*

Mon 10k session + 2,5h biking at 210W

Tue 10k session + 2,5h biking at 210W

Wed 10k session + 2,5h biking at 210W

Thu 10k session + 3h biking at 210W

Fr 10k session + 3h biking at 210W

Sat Resting

Sun Resting

## Overreach and tapering

The overreach seeks to stress the body more than a normal training period in order to force it to produce more stress hormones. Followed by a rest period (tapering) the body will recover and the hormones will, in the short term, increase the performance. This is sometimes called "super compensation".

As I went for more important competitions, my tapering was usually 6-12 days. The overreach was always different due to travel circumstances and I played around with different tactics here as well. I always tried to overreach prior to important championships. But I only tried to do it prior to championships and not world cups etc.. I chose to do it this

way because short term physical top shape is achieved at the expense of long term physical development, since the overreach and tapering requires a drop in training hours.

Prior to the start of the overreach I made sure to be fully recovered and ready for the hassle ahead. As it started I dropped the aerobic training hours even more. Also I usually dropped the 5-2 and instead, perhaps over a 12 days period, I performed as many high intensity sets on the ice as possible. Important variables to take notice of were lap times, lactate, heart rate and general feeling. I was well rested before I started my overreach, but as it began, a drop in performance was not only expected, but also vital. However, digging too deep in the overreach would not result in a successful super compensation. Instead it would push me towards overtraining and the body will not be able to recover during the tapering. To successfully adjust for how hard to go during the overreach the values of the previously mentioned variables are needed so that the program can be altered properly. I.e. the more tired the body is, the lower the lactate and heart rate will be and the slower the lap time. How hard is too hard? Only experience can tell. However, the continuous use of the 5-2 gave me a good starting point as the same tendencies appeared weekly (trouble sleeping at night, worse feeling, slower lap times, lower watts, HR and lactate later on in the week - every week!).

As my aerobic capacity increased I could go harder in my overreach and shorten my tapering. This also made me able to do more training hours during competition blocks and enabled me to keep a higher base level throughout the competition blocks. During WCs, when I wanted to train instead of taper, I basically trained up until three days before competition. Then I took two days off, the third day I did a short race preparation set on the ice and the following day I competed. That's how 12.38 was performed in Stavanger and 6.15 in Tomasow.

Overreaching and tapering should be very individualized and it is of great importance to stay agile during the overreach. When I realized in the beginning of an overreach that I was too tired to make it to the end of it in a decent manner, I took extra rest days early on, instead of digging the overreach pit too deep and not being able to keep up the quality of the sessions.

I believe that it is a must for the elite athlete to achieve a proper overreach and taper to perform at his maximum capacity. And for this reason I am confident that breaking 6 minutes is not too hard since I chose not to perform an overreach/tapering prior to my 5000m WR in Salt Lake City. Overreaching is a risky business but should nevertheless be approached (but delicately). I wanted to win championships and break records, so I had to get accustomed to risks.

*Example of an overreach and taper*

Fri	Rest
Sat	Rest
Sun	Rest
Mon	10k session + 2,5h biking at 210W
Tue	10k session + 2,5h biking at 210W
Wed	10k session + 2,5h biking at 210W
Thu	10k session + 2,5h biking at 210W
Fr	5k session + 2h biking at 210W

Sat 5k session + 2h biking at 210W  
 Sun Rest  
 Mon 10k session + 1,5h biking at 210W  
 Tue 5k session + 1,5h biking at 210W  
 Wed 5k session + 1,5h biking at 210W  
 Thu 5k session + 1h biking at 210W  
 Fr 5k session + 1h biking at 210W  
 Sat Rest  
 Sun Rest  
 Mon Biking 200W 0,5h  
 Tue 3 laps of 30", 8 min rest, 1000m of 5 000m speed  
 Wed Rest  
 Thu 3 laps of 30", 8 min rest, 1000m of 5 000m speed  
 Fr Race 5 000m

### Aerobic season 2.0

After (or during towards the end of) the first world cup block in december I would for a couple of weeks increase the amount of aerobic training and substantially lower the amount of high intensity training. This served two purposes. (1) It killed any top shape that was (if it was) stimulated during the competition block. If one keeps on training hard and with high intensity after a super compensation top shape, the risk of overtraining is palpable. By inhibiting the high intensity training for a couple of weeks and instead investing in more aerobic hours, the hormones settle to more salutary levels and the danger of overtraining after a supercompensation is avoided. The importance of this can not be emphasized enough(!) and it is also for this reason many athletes have a postseason rest period. (2) After a long period with lower aerobic hours the need to regain the aerobic capacity is imminent. The Aerobic season 2.0 gave me the basis to keep on pushing hard training weeks the entire winter. After a couple of weeks of Aerobic season 2.0 I went back to the Specific season again.

An easy way to add extra aerobic hours during competition season was to squeeze them in after races. I celebrated my 5k WR for three hours with a champagne bottle on my bike.

#### *Example week during the Aerobic season 2.0*

Mon 6h biking at 220W  
 Tue 6h biking at 220W  
 Wed 6h biking at 220W  
 Thu 6h biking at 220W  
 Fr 10k session + 3h biking at 210W  
 Sat Resting  
 Sun Resting

### The race

I believed that the best way to skate a 10k was by going faster the last 12 laps than the first 12 laps (and by faster I mean avg 0,1 seconds per lap faster). This is because when I got tired my technique would not be as efficient. The same principle is applicable for a 5k and, for the long distance skater, even a 3k. Some people argue that "I bring the speed with me",

and well, I do. I think that principle works good on the shorter distances, but not on the longer ones, because you also bring a hell of a lot of lactic with you (however sometimes towards the end of a 10k I would sprint with four laps to go and worst case scenario would be a drop during the last lap. Then I would gain the benefit from the “bringing the speed with me” idea even during a 10k).

### Mental aspects of competing

True self confidence comes from experience. My very race specific ice sessions supplied me with the facts of my capacity and the trust in myself. I wasn't mentally strong as a kid, I hated to compete ever since I started speed skating, I truly hated it. It is still a little anxiety provoking for me, I think it always will be when I test myself in an activity that I really care about. But today it's a walk in the park compared to when I was a kid. This development was mainly acquired through continuous voluntary confrontation with the challenge (read that sentence again and emphasis voluntary). It was first when I understood that, or felt like, I volunteered, that I was able to compete with a free mind.

### Training solo with lane change

I suppose that I've made myself clear about the fact that one becomes good at whatever it is that one practices. The idea makes it obvious that always training solo on ice and with a lane change is the way to go, unless one is a TP/masstart skater. As I follow someone else I enter the corners, exit them and put every stroke into the ice copying the guy in front of me, instead of practicing the way I skate during a competition. As I follow I do not have the same push in my stride. In short: I do not practice what I will be competing at (and unfortunately there are a lot of 10k skaters who have not yet realized that they need to practice how to skate the 10k if they want to be successful). Most skaters do a few test races in order to practice how to race, I did not do test races. Instead I always trained at racing.

Short summary of benefits of skating solo with lane change and skating in a group without lane change for a 10k skater:

- Group skaters can accumulate more time skating at a faster pace.
  - Group skaters can more easily work on their max speed, though the 10k skater might not prioritize this ability.
  - Group skaters can follow someone to pick up their technique.
  - Group skaters can push each other and possibly work harder together.
  - It might be more fun to skate within a group.
  - It's easier for the coach to coach a group instead of multiple individual skaters.
- 
- Solo skaters practice the true outerlane corners just as much as the innerlane.
  - Solo skaters always practice and fine tune their own technique.
  - Solo skaters practice entering/exiting the corners properly two times each lap.
  - Solo skaters learn to go closer to the line in the corners as they do not have to compensate for the guy in front.
  - Solo skaters do not contaminate their technique by unconsciously copying others .
  - Solo skaters practice keeping a steady lap time all the time.
  - Solo skaters practice finding a lap time every set.
  - Solo skaters get accustomed to skating efficiently at competition speed.

- Solo skaters learn how hard they can skate with X laps to go to the finish line.
- Solo skaters learn to push themselves without company.
- Solo skaters can alter their technique during training and get immediate feedback from the lapboard.
- Solo skaters can draw more accurate conclusions from their training sessions as they have better statistics on their performance of the day.
- Solo Skaters can easily practice how to perform a lane change without giving draft to their opponent (watch my 5 000m in Tomasow 2021, 1.30 into the race I stay on the inner lane for two strokes on the lane change, Bergsma chases my back and goes to the inner lane early, on my third stroke I do my lane change far out to the right and Bergsma stays on the inner lane getting minimum draft from me).

### Criticism of the monotonous program

One of the challenges of this program is that it's very monotonous. At first I was worried that if I always did the same sessions my body would eventually stop reacting to the stimulus. In my experience this was not the case. Maybe this was because I used different training seasons. But three very interesting and advantageous phenomena occurred thanks to the monotonous program. (1) I became very good at performing the high intensity sessions. When I repeated the same sessions over and over I learnt how much I could push it on the first, second, third... set in order to still complete the entire session at a good pace without having to increase or decrease the intensity towards the end of the session. I always made a good effort because I learnt the session, but I also learnt how hard was too hard on the last set of the day, there was a day coming tomorrow as well. As my skating sessions were very similar to actual racing I also learnt how to race just by training (i.e. I always trained with changing lines and always skated alone) so I didn't need any training races early on in the season, I could just focus on training instead. (2) There are a lot of hard sessions performed in this program. During winter I did repeated weeks of 240 laps at 30,0". It takes mental toughness to get through that. However, the monotonous program exposed me to those sessions so often that they became very familiar mentally. In the beginning of each Season I was quite nervous prior to the hard or long sessions. But, as I repeated them over and over the anxiety level dropped and a few weeks into a training season I was totally unconcerned about tomorrow's session as I went to bed. I'd built up a trust for myself that I would get through the sessions in a respectable manner. This calmness also started occurring prior to races. (3) The monotonous program made me see improvement very easily. In this way I did not have to waste time and effort on doing grueling maximum tests in a lab or compete to know that I had developed. As I entered competitions I knew my capacity from all the statistics of my training. I.e. the average lap time from a week of five 10 000m sessions indicated (with a 0,15 accuracy) the average lap time I could perform on a 10 000m after a decent tapering on the same ice.

The monotonous program however came with a prize. In one year's time I dropped 25% in explosiveness and similar numbers in maximum squats. There's multiple conclusions to draw from this of course. One is that nothing is achieved without a sacrifice and another one would be that it doesn't require that much strength nor explosiveness to skate 25 laps of 30,0".

## Traveling days

I'm confident when I draw the conclusion that traveling days are not rest days. I think a lot of athletes do not respect this vital insight. As an elite athlete I could not afford spending days not training and not resting. When I was younger I could spend two traveling days for a training camp of 10 days. Today I do not consider that a wise investment. That being said, some travels are mandatory and unavoidable. However, I tried to eliminate travel days and instead build an environment that covered all my needs for an extended amount of time, both socially and professionally.

## Testing

I always started my bike and ice sessions with 5 minutes at 200W followed by 6 minutes at 260W. My coach kept statistics on the heart rate of these 260W sets which gave us good numbers on how the aerobic capacity developed in the long term (increased during summer and decreased during winter when I dropped the aerobic hours), but it also gave us a short term update on how tired the body was (low heart rate response usually indicated that more rest was needed). The consistent use of the 5-2 gave us so much experience and statistics on how hard we could train, how much the heart rate could be allowed to drop during the week, without risking not to be recovered after the following two days of rest (without risking over training). I knew I trained enough, so whenever the body asked for even more rest I wasn't scared of letting it have an extra few days off.

I never performed any VO<sub>2</sub>max tests during my last years as a speed skater. In order to perform a good test I needed to be well rested. It always required traveling for me to perform the tests and also extra rest days afterwards to recover from the exhausting event. Also, I hated it. It sucked. Instead we settled for all the statistics we gathered thanks to the 5-2 program. We saw development clearly as I repeated the same sessions over and over and so the need for a maximum test was subdued. For the professional athlete I believe testing is vital, but sacrificing training hours in order to perform tests is not the proper way of moving forward. Instead we built simple and recurring training sessions that were measurable. During the Aerobic season the numbers were not so important (it's almost impossible to overtrain on purely aerobic training sessions), the only thing that mattered was the hours. Therefore I had a much more relaxed approach towards all the numbers during the Aerobic season, instead I focused on finding joy within the hours.

During the other seasons though the numbers were essentials for managing training load. I only did sessions that were measurable and evaluable.

## Understanding the matrix

My coach and I measured everything we could without approaching insanity. During the Aerobic season the daily performance was not so important (as what was stopping me from sticking to the Limit was not physical ability, during the low intensity period, but rather my psychological ability), and in line with that, our measurements became inferior to the joy of training. However, during Threshold and Specific Season it was vital to understand the body's response and listen to it as we altered the training program. I like the saying "If you're listening to the body when it whispers to you, you don't have to hear it scream." But in order to understand what it whispers, I have to understand it's language.

During one five day training block heart rate (HR), power output (on the bike, or lap time on the ice), lactate, quality of sleep, general feeling would all decrease and urea would increase. This was normal and as long as it went back to normal after two rest days everything was in order.

**Short term HR development, variation considered below is approximately 10bpm:**

- Lower than normal during training: Indication of a tired body or bad warm up.
- Higher than normal during training: Indicates good shape or sickness.
- Higher than normal during rest/sleep: Indicates sickness or high stress levels in general

**Short term lactate development:**

- Lower than normal: Indication of a tired body or lack of carbohydrates
- Higher than normal during training: Indicates good shape
- Takes longer to stabilize at a low level after a high intensity set: Indication of a tired body

This scheme was used, in consideration with power output, general feeling, urea and quality of sleep, to balance the training load. It was vital to stress the body, to make it as tired as possible as often as possible and then have it recover back to normal, to have optimum development over time. To stick to the Limit. However, weekly time under tension was superior to having one or two great all out sessions. I pushed it hard, but not over the Limit. Sprinting and giving it my everything was left for the last training days before rest days.

As I was younger I often blamed myself when my power output was not as good as expected. When I matured I realized that it was usually not my will power that was weak, but my body that was tired. I think this goes for most speed skaters. The 5-2 supplied me with statistics of this and infused me with a trust in myself.

### Summer ice

I didn't do any summer ice, slideboard, skate jumps, inlines etc. Both inline and slideboard contaminated my techniche on the ice. I also thought the same about skate jumps. Also, the skate jumps produce a lot of lactic acid without reaching a high heart rate whilst my bike threshold sessions did both and I thought that was a better approach. Summer ice I believed to be good, but I could not access ice continuously throughout the summer and autumn. I didn't like the concept of working a few weeks on abilities that I would then have to leave for a few weeks and then pick up again. I believed in consistency instead. I knew how to skate already, so I prioritized increasing my fitness instead.

### KISS - Keep it simple, stupid

My training program was very simple and therefore very robust. It was cheap and reliable. Not fancy nor extraordinary. I tried not to involve things that I could not control. I did not become reliant on equipment that I could not easily access. I did not make plans that I did not understand. I did not follow a culture of buying a bike too expensive to bring about in the rain. To me speedskating was just a one legged squat, repeated over and over during maximum heart rate. It was all just very simple and I kept it that way.



## An attempt to explain the technique I strived for

### Fundamentals

I assumed that I created speed by creating a horizontal, sideways, force within the push, not by pushing vertically downwards. All the force that went downwards was a waste of energy that didn't bring me faster forward. Therefore the angle of the blade (ice-to-blade), during the push part of the stride, is essential as it defines how much of the energy of the push will go sideways (horizontally, creating speed) and how much will go downwards (vertically, wasting energy).

My push was sideways, but relative to my body position my push was a one legged squat jump. Speed skating is basically a one legged squat jump performed with maximum lean. I did not push to the side, I performed a one legged squat jump whilst leaning.

When I was looking for a strong skating position all I did was find a position where I was strong in my one legged squat jump. Hips aligned with the leg doing the push/jump, spine and shoulders also naturally aligned with the rest of the body. Many skaters have told me that the hips should stay parallel to the ice during the stroke. I believe them to be wrong. Hips should rather be aligned to the leg doing the push. My hips didn't give a shit about where the ice was, but my maximus gluteus worked better if the hip was aligned with the leg.

### Straightaways

The point of speed creation (or the point of power creation during your one legged squat jump) is right after the knee of the pendulum leg passes the other knee. The leg I'm standing on should, at the point of knees crossing, be in a position where I'm strong. Knee angle of the pushing leg is a personal thing. I was strong in a relatively high position, others are stronger deeper down. If you want to find out from which knee angle you should start your push, then simply stand on one leg (without your skates) and try to jump as high as possible. Do this with different knee angles and film yourself whilst doing so. The highest jump, whilst spending the least amount of energy, is your optimal position from where to start your push.

Every push for me was like a high jumper taking off. Just like a high jumper throws his pendulum leg and arms over the bar, I threw my pendulum leg and upper body forwards/sideways in the direction of travel (in the direction of the one legged squat jump). I'm using the word "push" here in this test, but it is not so much a push as it is a hit. It is all about being in the right position and then hitting it, not about pushing it smoothly throughout the stride.

To minimize the angle ice-to-blade of the pushing leg, the knee angle of the pendulum leg, as it gets into the ice, is crucial. I wanted to keep it as small as possible. Though immediately after I had abandoned my push, and made my pendulum leg into my standing leg, I would rise up to a bigger knee angle, to save energy, but also to reach a position from where I was strong, so that my next one legged squat jump would be as powerful as possible, whilst spending as little energy as possible.

My pace and timing was determined by my pendulum leg. I mainly had my focus on what to do with my pendulum leg, not my pushing leg. How to swing it, where to put it, in order to set myself up for success for my next one legged squat jump.

## Corners

Fundamentals are the same. It's a one legged squat jump. The corners are a lot easier than the straight aways since the relative gravitational force is not shifting from side to side for each stroke, but instead always coming from the left. The more I could lean into the corners (and I mean an even lean, not only leaning with my hip or only with my upper body, but leaning firmly and straightly, with all of my body, from the extension of the standing leg to the center between my shoulders) the more sideways my push would be. I tried to lean up until the point where it felt as if I would fall.

In the inner lane corners, the lean is so aggressive that there is no need to have a tight knee angle for the long distance skater. Instead I rose up in the inner lane corners, applied maximum lean (up until the point where I felt like I was gonna fall) and moved my legs. I tried to put my skates into the ice as far away from me as possible to make the push as horizontal as possible [some seem to strive for putting them down beneath you, lifting your left leg forwards in the corners, but then you do not have a good ice-to-blade angle for the skate (as you put it down into the ice) and most of your push (in the beginning of the push) is vertical, down into the ice (wasting energy), instead of horizontal, to the side]. It is, because of the ice-to-blade angle, the last part of the corner stride that produces maximum efficient output. Therefore I shortened my corner strides, cut away the first and ineffective part of the stride, and only did the last sequence of this.

Outer lane corners have the same principle, but since the lean can not be as aggressive on the outer lane I had to compensate with a smaller knee angle, as I put the blade of the "pendulum leg" (there really isn't a pendulum led in the corners, but I lacked a better word for it) into the ice, to enable a more horizontal stroke on the standing leg. However, I did not put my push into the stroke before my legs were almost extended and my powers were aimed more horizontally. I must emphasize again, even though the result of the push is sideways and horizontal, relative to my bodyposition, within the lean, my push is a one legged squat jump motion.

In the corners I did not throw my pendulum leg in the same way as on the straightaways (since this would put the skate in a bad ice-to-blade angle position as it touched the ice). Instead I worked with my right arm to get the pendulum throw advantage. By skating all those laps at competition speed I got accustomed to and felt safe whilst going close to the line. During practice I never crossed the line. I always treated the line as holy.

## Slideboard, inline and dryland exercises

If I were to sculpt a bear out of a big wooden block I would start off with a chainsaw, making the rough outlines of the bear. Then I would proceed with finer, more precise tools, as I carve out the details of the animal. Finally I would do the last touches with smoother and smoother sandpaper, up until the sculpture was a work of perfection. This is the principle me and my coaches used when we sculptured me to become a speed skater.

The chainsaw is the dryland exercises, it is the inline skating and the slideboard. It works nicely to get the big pieces of the technique right. But it has its flaws. Whilst slideboarding, for example, you can not lean nor align your hip with the pushing leg (since you have to move your other leg to the side to catch you, which opens up your hip), whilst inlining you cannot trust your lean in the same way you can upon the ice and dryland exercises, well, they are dryland exercises. Great for introducing new moving patterns, but I can not smoothen a surface with a chainsaw and did not waste my energy trying.

The finest tool, the smoothest of sandpapers, is skating solo at competition speed with a lane change. I did not start off here as a kid, but this is where I did the fine tuning of my technique as a professional. Testing something, feeling it and looking at the lapboard, was it faster? 240 laps a week like this made it possible to draw conclusions.

When I reached a certain level I considered dryland exercises (inline, short track, tube walking, slide board...) to actually contaminate my technical ability instead of aiding it. I felt like I was practicing a movement that was close to correct, but not correct, which made me practice doing it wrong, all whilst wasting energy that I could've spent skating another lap of 30,0.

A sculptor doesn't smoothen a surface with a chainsaw. I did not perform dryland exercises. Though I'm obliged to mention this also, some skaters, mostly those who did lots of inline/short track as kids, do not seem to have this contamination issue that I experienced.

# Living as a speed skater

## Creating an environment

My job as an athlete was simple: set myself up for success. I could not control all aspects of the outcome of the competitions. But the things I could control I made sure to give an effort to control, at least to the extent I was willing to go to. I believed that the more stress stimulus I could give my body through training the more my body would develop. But the thing is, I could only withstand a certain level of total stress in my life. If I had problems in my life outside of training this would increase the total amount of stress on me and so I had to drop the amount of training I could perform, in order to drop the total stress volume to a comprehensible level. So, therefore, in order to be able to train at a high level I also needed a good social environment. I tried to only work with people I liked, I was fortunate enough to be able to choose this to some extent. Also, I always aimed to solve problems as soon as they occurred in order not to ache and waste energy on things not worthy of my attention. I was the one held responsible for solving those problems, even though my friends, family, coach etc. would help me. But since I held myself responsible for the solution to resolve itself, I wasn't able to be upset that other people had not solved my problems for me. In this manner, I didn't get stressed over other people not doing their job properly (or the way I wanted them to) and I had more energy to spend on training. I held myself responsible for setting myself up for success, but whether or not I succeeded in the end was not only up to me. I didn't consider losing honorably a waste of time either. Since losing didn't scare me too much, I was relaxed and could take on even more stress and more training.

I aimed to lower the resistance as much as possible, by creating a smooth environment, free of hassle. It is not the one who suffers the most during preseason who prospers when the winter comes, but he who gets the most aerobically fit. I wasn't proud when I hated my session because I knew that in the long run I risked starting to drop hours if they weren't fun enough. Doing boring sessions I considered to be a failure of making the training stimulating. I assessed this issue. For example, I hated bike trainer rides, so I bought Gore-tex clothing, mudflaps and spike treads (for the winter); I did not enjoy running in the fields, so I moved to the mountains. I set myself up for success by regarding my weaknesses.

## Training with a team

I usually did my training sessions solo. I often wished that I would've had company but no one else wanted to join my lifestyle. There's obvious advantages to having a team, but I'd like to point out a few of the setbacks to why I went solo.

The training and competition schedule is set up for the team, it's hard for a coach to manage 8 different programs optimized for 8 different athletes. But, when I wanted to stick to the Limit I had to alter the program, have extra rest days or load more training, and here there was no space to compensate for a team schedule. The flexibility of going solo is an incisive tool.

I often determined the length of my distance sessions and interval sets during preseason by the general wear of my body. In other words, I tried to stick to the Limit. Aiming for a 7h bike ride but instead completing a 10 hour ride is tough, but very rewarding. If I had been on a team I would've made my teammates look bad. Creating an environment within a team

where it is truly encouraging to stick to the Limit, to do another interval set and keep going for a few more hours might be even harder than just doing the extra hours. However, if one succeeds with building a team environment like that I believe it would trump going solo.

### Relationship to the coach

As a junior skater I would sometimes argue about the faults of my coach instead of discussing the possibilities to improve the training program. I would argue his lack of knowledge instead of arguing my motivation to achieve a different course of action. This was a dangerous path to take. Because I would only win the argument if he was wrong, and if he was wrong he lost the argument and so he became a loser, and so the coach became a loser, and so my closest support became a loser and I was the one who made him lose. Later on the loser would want his revenge and so we did not reward one another properly. Instead I had a concealed game going on that went something like “find flaws in him to confirm that I’m right about him being wrong”. Not quite optimal for a team. I think the situation occurred because we did not clearly pronounce who was in charge of what and who had the authority to make which call.

In recent years I never argued that my coach was wrong, but sometimes I argued that I had another idea that I, for reasons A and B, were more motivated to execute (note: *more motivated to execute* is not always the same thing as *physiologically superior*). Sometimes my coach would agree that my way was better and sometimes he wouldn’t. However, it was clear between us that I was always granted the final decision. Sometimes when we disagreed I went my way, negligating the advice of my coach. Sometimes his arguments exceeded mine and I thanked him explicitly for teaching me, and so I went his way. If the both of us had good arguments and I didn’t care too much which way we proceeded, I would always go his way. In this manner I confirmed my trust in him so that, when I wanted to do things my way, he showed his trust for me and supported me. In this manner, neither me nor my coach ever felt like we lost an argument and instead we were a winning team. To some people this way of working might seem manipulative, to me it wasn’t. Both my coach and I applied the same strategy to meet the common goal. It was not manipulation, but cooperation.

My coach had knowledge of training and experience I did not possess, but I felt and knew my body [and mind(!)] in a way that he could never do. I always tried to make rational decisions whilst training, not to push it when I needed rest but neither not pushing it enough because I was mentally weak and came up with excuses. Sometimes the right decision was to abort a session, but I was in a travers situation. As soon as I made the call to abort a session I no longer had to endure the crueling challenge of the hard work, but neither did I want to be a quitter. It is impossible to make a good and independent call in these situations and the assessment of my coach was very valuable for me and my confidence in myself.

I have never skated a 10k without questioning why I chose to become a speed skater. It always sucked with 10 laps to go, but working harder would only result in me blowing up too early. Every time I skated the 10k I was in doubt of my ability. This is why I considered the 10k to be The Distance. The King's distance. What I needed from my coach during the race was confidence. I told him prior to races what I wanted him to say to me as I skated. He said things like “You’re so good”, “looking strong”, “I believe in you” which made me feel more

confident. He avoided saying things like “Come on, push it!” because it just made me feel as if I was not pushing it at the moment, which I of course was.

Another interesting thing I’ve been told by coaches throughout the years, during high intensity sessions, is “You’re not trying good enough”. Nothing ever made me less motivated or more angry than hearing that. If a coach considers his athlete not to try hard enough the solution is not to blame the athlete and make him feel guilty, but instead inspire the athlete and cheer him on. During high intensity work I was in pain as an athlete, when the outcome didn’t align with my expectations I was in even more pain, as a coach blamed me for it the pain multiplied. I needed my coach to ease my burden, not load it. My coach was very good when it came to easing my burden, not only during training, but also in life. He was the best friend I ever had.

### Recovering after sickness

My job as an athlete was simple: give the body as much training stimulus as possible and then recover. Though this did not apply when I got sick. When I got sick my job was instead to rest until I got healthy again. Then I would usually do a test session, to see if my body would comply, if it did I would start pushing it again, in a careful manner. There was no catching up on missed training sessions. There was instead a new situation to align myself to and make the best out of. The number one priority was not to get sick again.

### Going up-stream

I kept in mind that when I set out to break a world record, I set out to achieve what no one else had ever achieved before. I understood that I would not fulfill that goal using means others had already undertaken. I didn’t alienate myself, but I was a bit of an outsider sometimes. For the guy on the top of the podium is not like everyone else, and therefore he is by definition, an outsider. Fortitude was key.

### Vacation

After the winter some skaters take a few weeks rest or vacation. It usually has two aims. To recover mentally (avoid a mental burn out) and to recover physically. However, vacation in March in Sweden is a waste of time, so I skipped vacation. Instead I aimed at making training fun and then I felt like I didn’t need a vacation either (though sometimes I gave myself a week off in the middle of summer, to ease the mind a bit).

Leading up to the olympic year of 21/22 I didn’t let an injury recover fully, after the 20/21 season ended, and it resulted in me not being able to run at all for almost a year’s time. A big regret of mine.

Note! As mentioned in “Aerobic season 2.0”, it was crucial to ease into the pre-season to avoid overtraining after a super compensation.

### Nutrition

“It’s not about eating, it’s about skating”, said Chad Hendrick as he ate Subway prior to his 10 000m world record of 12.55,11. I always liked that quote. But these days, if you want to skate a 10 000m WR, it’s also a little bit about eating. As I mentioned earlier I made sure to

gain a few kg during summer and lose them again during winter. As I did my Aerobic season I tried to eat more fat to be more energy stable. As I did my Threshold and Specific seasons I made sure to always have some sugars with me whilst training and not run out of energy during a session. When I ran out of energy my performance dropped substantially and my recovery would need more time. I almost never took any supplements besides gels and hydrogel sports drinks, instead I ate normal food. However, 30 minutes prior to all interval sessions during Threshold- and Specific season I took 100mg of caffeine and I did the same 30 min before a competition started. I also used bicarbonate during the season of 21/22. At first I tried it during the Threshold season and the results were good. My estimation was that my watt average on a threshold set would increase by approximately 1% and my recovery for the next day's session would also be better. However, If I kept taking it daily multiple days in a row my need for recovery would build up. One time during a five day training week, after four days of continuous bicarbonate use, I did not fully recover after the two following rest days. After that I only used bicarbonate for "digging deeper" during my overreach and also on competition days. I used a bicarbonate mix produced by Maurten which also worked good for my belly.

That being said, Chaid Hendrick has a good point and I did not primarily skate faster than him because I ate better.

## Alcohol

I drank beers like any other 25 y.o. during the Aerobic season, but as the intensity of the sessions increased my alcohol consumption decreased. Again, It's about skating laps of 30, not about refraining from alcohol. But as I was out drinking I didn't get enough sleep, and to me sleep became more important than alcohol during the winter. However, every once in a while a celebration was needed in order to free the mind a bit. The biggest challenge of my training program was to be able to keep wanting to do it. Motivation was key. If something kept me motivated I considered it to be good. Sometimes all I needed was a beer, or eight beers.

## Media

Some athletes like it, some athletes hate it. I was somewhere in the middle. However, a skater's opinion about the media doesn't change the fact that it's thanks to the media we can do what we do, that we once got inspired to do it and that they will have their share of us. They will ask for our opinion and they will put pressure on us. When we fail they will ask us why and when others fail they will ask us why all the same. Their job is to make the sport interesting, and since I am an athlete, a performer, an artist and an entertainer my job is fundamentally coherent with theirs. So, in order to build up a nice working environment, the only reasonable thing for me was to make friends with my coworkers and that included the media. They are not snakes, but they need stuff to print and if I don't give them something they will write something else, which I will not be able to control. I considered it my obligation to give them interesting interviews but I didn't consider myself belonging to them. I set the boundaries for what I wanted and didn't want to talk about. They respected those boundaries as they respected me. If a media station crossed me in an inappropriate way, i.e. exploited my personal life in an indecent manner or willfully abused a quote from me to make a headline, I internally made it very clear to them that they had gone too far. My actions

towards them would simply be not to talk to them in the future if they didn't revoke their wrongdoing.

I had some guidelines that helped me as I approached the media:

1. If I thought that the questions were inappropriate I calmly told them so, instead of bluntly blushing out on them or answering it embarrassingly.
2. The only way of not commenting on a matter is by not commenting on a matter without explaining why.
3. I never said anything I did not believe was true (good rule for life in general). Sometimes I had to pause in order to consider for a moment what the truth actually was. Some athletes get stressed during interviews and feel like they must respond quickly, but I tried to resign from this need and make the interviews interesting instead.
4. I never trash talked anyone, but I wasn't afraid of talking about the performance or actions of others when I felt like I had something appropriate to say. However, as soon as I made an edgy comment on someone I always contacted them afterwards and explained myself, mostly they had just appreciated the comment.
5. Prior to an interview I thought through what I wanted to say. Usually I would try to come up with fun and unexpected things to say. As I said those things I gave the media the trust not to abuse my quotes and, since they appreciated my engagement in the interviews, they liked to keep that trust. So they treated me very delicately.
6. I wanted to express and share joy, compassion and love. I kept this in mind during my interviews. Especially when I won competitions.
7. I never attended an interview or a TV-program I didn't want to attend. It was my obligation as an entertainer to give the media some attention and love, but not to give them my soul.
8. I spoke freely about my speed skating career and my life as an athlete. I never spoke about my personal life, relationships nor family. Once that door is opened to the public it can never be closed again.
9. If I wanted to talk about something I just did so, even if I wasn't asked about it.
10. It is better for me that I bring up tender matters in the media than having the media confronting me with it. When I bring it up I own it and I control it.
11. Don't want to talk about something they are very likely to ask about? Bring up something that's even more interesting to them and they will likely be distracted. Usually they prefer an *interesting* comment on whatever, instead of an everyday comment on something in particular.

### Being serious enough

It's obvious at this point that I considered my performance to be altered by numerous different factors. I realized this in my early teens. However, back then I put lots of effort in trying to control all these factors and it drained me of energy and motivation. Then, very unexpectedly, I won the jr world championships and I came to realize that the award was not worth the cost. I felt like I had turned every stone and struggled so hard which had totally drained me of my motivation. When I was 18 y.o. I was going purely on autopilot. A few years later I accepted that my motivation is not infinite, but rather finite. Some efforts helped me approach my goals very rapidly while other efforts, also helping me fulfill my goals, did it a lot slower and not as efficiently. Some of these actions inspired me to take on even harder

challenges, they increased my motivation! But some of them drained me of motivation instead. My entire training program was predicated on a foundation of inner motivation. If it ran out I could no longer keep up the hard work. Therefore I did not only evaluate my training, food, sleeping, living... strategy on how successful it was, but also on how it made me feel and what it did to my motivation. The olympic season of 2022 I was very dedicated to reach high goals and live up to a high standard on the competitive stage. But other years having fun was a lot more important as that made me want to keep on going, and to achieve big goals I had to keep on going. Therefore, even though it was suboptimal considering my physical development, most of the time, for the sake of my long term inner motivation to keep up, I was just serious enough about being an athlete.

## Epilogue

*The hardest thing about this program was getting through it with a smile upon my face. When I found ways to enjoy it I was unstoppable. Sometimes, to get through more hours, what was needed was an ice cream and sometimes it was multiple ice creams. The good news was that ice cream was pretty cheap. So even though other skaters had millions of euros going into their careers, I was able to skate faster than all of them, because I had found a way to enhance my performance with ice cream. To me the challenge was not about suffering, but finding a way to endure hardships with ease.*

*I hope that what I've written here will contribute to my records being broken. If you were to engage in elite sports please remember: it's about winning, but it is not solely about winning. All but one is obliged to lose. Under such circumstances I consider success to be measured by means of playing, and not by margin of winning. It is the strive for excellence, the sharing of love and the ability to inspire others to do the same, that to me above all, defines an athlete's success. The job is to lead the way by leading yourself.*

*Be courageous. Do not overtrain, but stick to the Limit.*

- Nils van der Poel











October		2019			
Activity	Intensity	Program	Hours		
1	Run	A1	3,75	1	
2	One legged squats		2	2	
3	Run		3	3	
4				4	
5	Run	A1	19	5	Backyard Ultra (19x6,7km)
6				6	Fucked
7				7	
8				8	
9	Run	A1	3	9	
10	One legged squats		2	10	
11	Run	A1	4	11	
12				12	
13				13	
14	One legged squats		2	14	
15	Run	A1	4	15	
16	One legged squats		2	16	
17	Bike	A1	5	17	
	Swimming	A1	0,75		
18	Run	A1	3,75	18	15 min of threshold
19				19	
20				20	
21	Run	A1	3,5	21	
22	Run	A1	2	22	
	Ice	A1	2		12x9min 2min rest
23	Run	A1	3,5	23	
24	Run	A1	3,5	24	
25	Run	A1	3,5	25	
	Core		0,25		Company event
26	Weights	Maximum strength	1	26	Squats and deadlifts
27	Run	A1	3,5	27	15 minutes of threshold
28	Bike	A1	3,25	28	
	Run	A1	2		
29	One legged squats		1	29	
	Ice	A1	1		6x9min rest 1min
30	Bike	A1	3	30	
	Swimming	A1	0,5		
31	Bike	A1	6	31	
			<b>Total (h):</b>	<b>93,75</b>	

















Juli	2020			
Activity	Intensity	Program	Hours	
1 Run	A1	4,5h trail asfalt & bog	4,5	1
2 Rest				2
3 Rest				3
4 Bike			10	4
5 Bike	A1	Adventure	9	5
6 Bike	A1	Adventure	9	6
7 Bike	A1	Adventure	8	7
8 Bike	A1	Adventure	9,5	8
9 Bike	A1	Adventure	8	9
10 Bike	A1	Adventure	7	10
11 Run	A1	2h	2	11
Gravel bike	A1	3,5h	3,5	
12 Run	A1	4,5h A1	4,5	12
13 Rest				13
14 Bike	Threshold + A1	6x5' + 2h A1	2,5	14
Run	A1	2,25h	2,25	
15 Run	A1	bröt 15' tidigt pga knä överansträngt knä	4,25	15
16 Rest				16
17 Rest				17
18 Rest				18
19 Rest				19
20 Run Weights, Bike	A1	3,5h Run, 2h Bike fartlek	6,5	20
21 Rest				21
22 Bike	Threshold + A1	6x5' + 5h A1	5,5	22
23 Rest				23
24 Run	A1	Trail	5	24
25 Run	A1	Trail	5	25
26 Rest				26
27 Bike	Threshold + A1	5x8'T + 4,5h A1	5,5	27
28 Run + One legged	A1	3h Run + One legged squat	4	28
29 Bike	Threshold + A1	4x8' Rest 4' + 5h A1	6	29
30 Run	Threshold + A1	3x10' + 1,5h A1	2,25	30
Run + One legged	A1	1,5h Run 0,5h One legged squat	2	
31 Bike	Over/under thresho	6x10' Rest 3-4' + 1,5h A1	3	31
Run	A1		2	
Total (h):			130,75	

August		2020			
Activity	Intensity	Program	Hours		
1	Rest				1
2	Rest				2
3	Bike	Over/under thresh	6-8x10' 400-350-400W Rest 4', 4h A1 200W	6	3
4	Run	Threshold + A1	1x30' 3:54 + 1,5h Run	2	4
	One legged squat		2h	2	
5	Bike	A1	3h	3	5
6	Threshold test	Weights Bike		2	6
	Run	A1	3h	3	
7	Bike	Over/under thresh	10x10' 400-350-400W Rest 4'	2,25	7
	Run	A1	2h	2	
8	Rest				8
9	Rest				9
10	Bike	Threshold + A1	10x9' Rest as needed	5,5	10
11	Run	Threshold + A1	3x20' 4:00 Rest as needed + 1,5h A1	3	11
12	Bike	A1 220W	6h	6	12
13	Bike	Over/under thresh	6x15'	3,5	13
	Run + Weights	A1 + 0,5h One leg	1h Run	1,5	
14	Run	Threshold + A1	6x10' 4:00 Rest as needed	4	14
15	Rest				15
16	Rest				16
17	Bike	Threshold + A1	10x9' Rest as needed	3,5	17
	Run	A1	1,5h Run	1,5	
18	Bike	Over/under thresh	6x15' 4:00 Rest + A1	4	18
	One legged squat		1h	1	
19	Run	Threshold + A1	6x10' 4:00 Rest as needed	4	19
20	Bike	Over/under thresh	6x10'	5,5	20
21					21
22	Rest				22
23	Rest				23
	Bike	A1		3,5	
24	Run	3-5mmol/l + A1	40', 10', 10' 3-4mmol/l rest 5' (walking rest) + 2h A1 trail	3,25	24
25	Cycle	3-5mmol/l + A1	4x20' rest 4-5' (50W or stretching rest) + 2h A1 (230W)	3,5	25
	1 legged squats	Power endurance	15sec/leg, 9', rest 1' 6set	1	
26	Run	3-5mmol/l + A1	6x10' 3-4mmol/l rest 5' (walking rest) + 1h A1 trail	2,25	26
	Weights	Max power	Squats + deadlifts	0,75	
27	Cycle	3-5mmol/l + A1	10x10' rest 4-5' (50W or stretching rest) + 2h A1 (230W)	4	27
	Run	Threshold	3x10' 4:00 + A1	2	
28	Rest	Stretch			28
29	Rest				29
30	Rest				30
31					31
			Total (h):	85,5	



Oktober	2020				
Activity	Intensity	Program		Hours	
1	Ice	A3	3x5 laps 30sec/lap rest 6' *Z break* 2x5 laps 30sec/lap rest 6'	1,25	1
	Cycle	4mmol/l + A1	5x10' + A1	3,75	
2	Ice	A3	3x5 laps 30sec/lap rest 6' *Z break* 2x5 laps 30sec/lap rest 6'	1,25	2
	Cycle	4mmol/l + A1	90' + 2h A1	4	
3					3
4					4
5	Cycle	4mmol/l + A1	90' non-stop 404W + A1	3,5	5
	Weights	Max power	Back and front squats, tot 6 set	0,5	
6	Cycle	On & over	6x10' (2' 400W, 2' 450W repeat) + A1	3	6
	Ice + Run	19"/l + A1	6x5 laps 19" (inner ytter) + 1h A1 run	2,25	
7	Cycle	4mmol/l + A1	6x15' + A1	3,5	7
	Ice + Run	19"/l + A1	6x5 laps 20" (inner/ytter) +0,5h A1 run	1,25	
8	Cycle	4mmol/l + A1	4x20' + A1	5	8
9	Cycle	4mmol/l + A1	16x10' 405W + A1	4	9
	Weights	Max power		0,5	
10					10
11					11
12	Padilla		Thershold test on the bike reaching all out. My final maximum test ever due to long recovery	1	12
13	Bike	4mmol + A1	2x20' + A1	3,5	13
14					14
15	Is	20'/laps		1,25	15
	Bike	4mmol/ + A1	15' 10' + A1	1,5	
16					16
17					17
18					18
19	Cycle	4mmol/l + A1	3x20' + A1	4,5	19
	Weights	Max power	6 sets squats	0,5	
20	Cycle	3-5mmol/l + A1	4x15' 4'Rest + A1	4,25	20
	Ice	Speed	5x5 laps 250m track	1	
21	Cycle	3-5mmol/l + A1	2x30' + A1	3,75	21
	Ice	Speed	5x5 laps 250m track	1,25	
22	Cycle	A1	4x15'	5	22
23	Cycle	4mmol/l + A1	6x10' + A1	4,75	23
	Weights	Max power	Mixed terrain	0,5	
24					24
25					25
26					26
27	Ice	Speed 250m	4x10 laps 20,4 Result: 19,8	1	27
	Ice +Run	Sprint + A1	2x3xFlying corner, rest 2' 10' + 2x250m track rest 6' + 1h A1 Result: 18,4 18,2	2,25	
28	Ice	Speed 250m	10x4 laps 20,4 Result: 20,0	1,25	28
			SKRIV IN VARVTIDER PÅ SAMTLIGA PASS. SÅ GOTT DU KAN		
29	Ice	Speed 250m	4x10 laps 20,4 Result: 19,6	1	29
	Ice+Run	Sprint 250m t	2x3xFlying corner, rest 2' 10' + 2x250m track rest 6' Result: 18,0 + 1h A1 run	2	
30	Cycle	A1	200W	3	30
31	Ice	Speed 250m	4x10 laps 20,4	1	31
	Run	A1	Trail	1,75	
				<b>Total (h): 79,75</b>	



December	2020			Laptimes	Hours	Weight
Activity	Intensity	Program				
1	Ice 250 + Run	10k speed + A1	5x13 laps 20,2'/l, rest 1-2' (shorter rest if possible) + A1 1,25h		2,25	1 82,4kg
2	Ice 250	10k speed	2x3x13 laps 20,2'/l, rest 1-2' (shorter rest if possible)		1,25	2 82,4kg
	Run	A1	Mixed terrain		1,25	
3	Ice 250	10k speed	2x3x13 laps 20,2'/l, rest 1-2' (shorter rest if possible)		1,25	3 79,8kg
	Ice 250 + Run	10k speed + A1	2x3x13 laps 20,2'/l, rest 1-2' (shorter rest if possible) + 1,25h A1		2,5	
4						4 81,6kg
5						5 81,2kg
6						6 81,7kg
7	Travel Inzell					7
8	Ice 400m	Tuning/transition to	3x2,5 laps 30,0 8' rest		1,25	8
			Walking 1h			
9	Ice 400m	Tuning/transition to	2x2,5 laps 30,0 8' rest + 1x 200m max sprint + easy run 0,5h		1,25	9
10	Ice	Tone	3x3 laps, starting from 0 -> finding 20,2'/l, rest 10'		0,75	10
11						11
12	Ice	5km race	4 laps 30,05 and then 32		0,75	12
13	Ice	10km race	12.46,91 och 1.51 (1500m)		0,75	13
	Run	A1	Hilly Inzell		2,25	
14	Run	A1	Mixed terrain		1	14
15	Run	A1	Mixed terrain		4	15
16	Run	A1	Mixed terrain		3	16
	Cycle	A1	Mixed terrain		2,25	
17	Ice 250	10km speed	2x3x13 laps 20,2 (TV4)	20,05	1,25	17
	Cycle	A1	200W		4,5	
18	Ice 250	10km speed + A1	2x3x13 laps 20,2 (SVT?) + A1 run 1h	19,98	2,25	18 82kg
	Run	A1	Mixed including bog		4	
19						19
20						20 82,9kg
21	Ice 250 + Run	10km speed	2x3x13 laps 20,2 + A1 1,5h	20,17	2,75	21 82,8kg
	Run	A1	Mixed terrain		3,25	
22	Ice 250 + Run	10km speed	4x12 laps	19,77	1	22 82 3kg
	Cycle	A1	200W		4	
23	Ice 250 + Run	10km speed	2x3x13 laps 20,2 + A1 1,5h	19,95	2,75	23
	Cycle	A1	200W		3	
24	Run	A1	Merry christmas mother fucker		4	24
25	Cycle	A1	200W		6	25
26						26
27						27 Färja
28	Ice 400m	10km speed	3x8 laps	30,6	0,75	28
29	Ice 400m		2x3x8laps	30,37	1,25	29
	Run	A1	Mixed Inzell		2	
30	Ice 400m	10km speed	2x3x8 laps 1,25' rest, 20' set rest	30,09	1,25	30 81,2kg
	Run	A1	Mixed Inzell		2	
31	Ice 400m	10km speed	2x3x8 laps 1,25' rest, 20' set rest	30,75	1,25	31 81,2kg
	Run	A1	Mixed Inzell		2	
			Total (h):		75	

Activity	Intensity	Program	Estimate	Laptimes	Hours	Weight		
1	Ice 400m	10km speed	3x8 laps	9,5	30,82	0,75	1	81,2kg
	Run + 4 accels	A1	Mixed terrain Inzell			2		
2							2	81,6kg
3							3	
4	Ice 400m	5km speed	3x3x4laps 29,5"/lap 1,25'rest, set rest 10' & 30'	8,5	29,44	1,25	4	81,7kg
	Run	A1	Inzell snow and asphalt			2		
5	Ice 400m	5km speed	3x3x4laps 29,5"/lap 1,25'rest, set rest 10' & 30'	8,5	29,01	1,25	5	81,8kg
	Run	A1	Inzell snow and asphalt			2		
6	Ice 400m	5km speed	3x3x4laps 29,5"/lap 1,25'rest, set rest 10' & 30'	8,5	29,44	1,25	6	80,5kg
	Run	A1	Inzell snow and asphalt			2		
7	Ice 400	10km speed	2x3x8laps 30,5"/laps 1,25'rest, set rest 20'	9	30,38	1,25	7	80,4kg
	Run	A1	Inzell snow and asphalt			2		
8	Ice 400	10km speed	2x3x8laps 30,5"/laps 1,25'rest, set rest 20'	9	30,35	1,25	8	80,4kg
	Run	A1	Inzell snow and asphalt			2		
9	Restday						9	81kg
10	Travel	Heerenveen					10	
11	Ice 400m	5km speed	2x3x4laps 29,5"/lap 1,25'rest, set rest 10'	9,5	29,78	1	11	81,6kg
	Run	A1	Flat			1,5		
12	Ice 400m	5km speed	3x4laps 29,5"/lap (extremely tired from sundays trav	10	30,2??	0,75	12	81,6kg
	Run	A1						
13	Restday						13	80,4kg
14	Restday					0,25	14	80,9kg
15	Restday						15	81,2kg
16	Allround ECh						16	
					29,44	1		
17	Allround ECh					1	17	80,8kg
					30,45			
18	Ice 400m	5km speed	3x3x4laps 29,5"/lap 1,25'rest, set rest 10' & 30'	8,5	29,37	1,25	18	81,0kg
	Run	A1	Thialf to Sneek			2		
19	Ice 400m	5km speed	3x3x4laps 29,5"/lap 1,25'rest, set rest 10' & 30'	9	29,27	1,25	19	
	Run	A1	Thialf to Sneek			2		
20	Restday						20	79,6kg
21	Restday						21	80,3kg
22	Restday						22	80,7kg
23	Race prep		1400m 5k speed, starting outer lane		29,13	0,5	23	
24	WC1 5 000m		6,11,83	10	29,3	0,78	24	81,1kg
	Run	A1	Thialf to Sneek			2		
25	Ice 400m	10km speed	3x8 laps	9,5	30,78	0,75	25	82kg
	Run	A1	EASY!			1		
26	Ice 400m	10km speed	2x3x8 laps 1' rest, 15' set rest	8,5	30,18	1,25	26	81,7kg, G
			Easy with some walking			1		
27	Ice 400m	5km speed	2x2x4laps 29	10	29,73	0,75	27	81,7kg t m
	Run	A1	Easy with some walking			1		
28	Restday						28	80,9kg
29	Run	A1	Easy with some walking			1	29	80,8kg
30	Race prep	5km speed	3 laps 30" + 1000m 5km speed		28,65 on 5	0,5	30	81,1kg
31	WC2 5000m				29,07 (6.08	0,5	31	
	Run	A1	Thialf to Sneek			2		
Total (h):						44,01		

Februari		2021					
	Activity	Intensity	Program	Traffic 0-3	Laptimes	Hours	Weight
1	Restday					1	
2	Ice 400m	10km speed	2x3x8 laps	1	30,07	1,5	2 81,7kg
	Run	A1	Easy with some walking			1	
3	Ice 400m	10km speed	2x3x8 laps	1,5	29,91	1,5	3 81,7kg
	Run	A1	Easy with some walking			1	
4	Ice 400m	10km speed	2x3x8 laps	1,5	30,2	1,5	4 81,8
	Run	A1	Easy with some walking			1	
5	restday					5	81,4kg
6	Ice 400m	10km speed	2x3x8 laps	1,5	30,04	1,5	6 81,1kg
	Run	A1	Easy with some walking			1	
7	Ice 400m	10km speed	2x3x8 laps	1	29,98	1,5	7 81,8kg
	Run	A1	Easy with some walking		45	0,75	
8							8 81,4kg
9	Run	A1	Easy with some walking (NOS)		45	0,75	9 81,0kg
10	Ice 400m	Race preparation	1x3 laps 30,0 + 1x1000m 5km speed		28,78 on 5kspeed	0,5	10
11	VM 5 000m						11 81,2kg
12							12 81,1kg
13							13 80,3kg
14	VM 10 000m						14 79,8kg
15							15
16							16
17	Run	A1				0,75	17
18	Ski skate	A1				1	18
19							19
20							20
21							21
22	Run	A1				3,5	22
23	X-country + Run	A1	Skate			4	23
24	Skimo	A1				4	24
						1	
25	Run	A1	Morning			3	25
	Skimo	A1				1	
26	run	A1				3,25	26
	Skate	A1				?	
27							27
28							28
29							29
30							30
31							31
Total (h):						35	

Mars	2021			
Activity	Intensity	Program	Hours	
1 Run	A1		1	1
Ski Skate + Run	A1	10h travel by night train	4,75	
2 Run	A1	Mixed terrain	4,25	2
3		Mother passed away		3
4 Run	A1	Mixed terrain	1,5	4
5 Run	A1	5:18 pretty flat	2	5
6 Run	A1	5:08 Pretty flat with company	2	8
7 Run	A1	5:48 Pretty flat with company	1,75	7
8 Run	A1	5:04 with Johan	1,5	8
9 Run	A1	Hilly n Snowy	1,75	9
Skimo	A1	With Johan and Labbe	4	
10 Run	A1	5:59 Hilly Åre	1,5	10
XC Skate	A1	Skate with Johan	4	
11 Run	A1	Hilly	1,5	11
XC Skate	A1	In Björnen	4	
12 Run	A1		1,5	12
Run + XC Skate	A1	2h Run + 2h Skimo	4	
13 Träffa Frida				13
14 Marlo kl 14				14
15 Run + XC Skate	A1	2h Run + 3,5h Skate Duved	5,5	15
16 Skimo	A1	Tour Åre - Duved - Åre	6,25	16
17 Run	A1	Pre breakfast with Hector	1	17
Run	A1	Mixed snow and asphalt	4	
18 Skimo	A1	With Tove	5,5	18
19 Skimo	A1		4,5	19
20				20
21				21
22 Run	A1		2,5	22
Skate	A1		3,5	
23 Run	A1		2,5	23
Skate	A1		3	
24 Cycle	A1		4,75	24
25 Run	A1		1	25
26 Run	A1		5	26
27 Run	A1	With Johan	5	27
28				28
29 Run	A1	Easy with Richard, HR not responding, morning thing?	1,5	29
Run, XC skate, Skimo	A1	Fun day, lots of hours	5,5	
30 Run	A1	To the slope	1,25	30
Skimo	A1		4,25	
31				31
Total (h):			107,5	



Maj		2021			
	Activity	Intensity	Program	Hours	
1					1
2					2
3	Bike	A1	238W	7	3
4	Bike	A1		6,25	4
	Bike	Threshold	390W 38min	0,75	
5	Bike	A1		7	5
6	Bike	A1?	278W	3	6
	Bike	A1?	302W	3	
7	Bike	A1	250W	3	7
	Skimo	A1	With Johan	3	
8					8
9					9
10	Bike	A1	With Nyllet 258W	6	10
11	Bike	A1	With Nyllet 238W	7	11
12	Bike	Threshold	2x15' 405W		12
	Bike	A1	253W	6	
13	Multi sport	Low intens	MTB Running and kayaking	17	13
14					14
15					15
16					16
17	Bike	A1	With Olympic Offensive	6	17
18	Bike	A1	With Olympic Offensive	6	18
19	Bike	A1	With Olympic Offensive	7	19
20	Rest				20
21	Rest				21
22	Bike	A1	615km	21,5	22
23					23
24					24
25	Run	A1	Easy	0,75	25
	Bike	A1	MTB 204W	6	
26					26
27					27
28					28
29					29
30					30
31	Run	A1	Åre	0,25	31
	Bike	A1	Åre	7,75	
Total (h):				124,25	

June	2021				
Activity	Intensity	Program	Hours		
1	Bike CX	A1 + 4mmol/l	3x15' Threshold at 395W, dist at 245W	7	1
2	Bike CX	A1	Åre, 253W	7	2
3	Bike CX	A1	Åre 243W	6,75	3
4	Bike CX	A1 + 4mmol/l	3x10' Threshold at 394W, dist at 238W	4,25	4
5					5
6					6
7	Bike CX	A1	Roundtrip Storsjön 279km, 259W	9,25	7
8	MTB	A1	Biking and walking up Åreskutan, 230W whilst biking	3,75	8
9	Bike	A1	268W	8,75	9
10	Bike	A1	246W	7	10
11					11
12					12
13	Bike	A1	Åre - Sundsvall 246W	8,5	13
14	Bike	A1	Sundsvall - Åre	10	14
15					15
16	Bike CX	A1 + 4mmol/l	3x10' 400W, distance at 254W	7	16
17	Bike CX	A1	247W	7	17
18	Bike CX	A1	Tried some threshold but my body was fucked	5	18
19					19
20					20
21	Bike CX	A1 (not)	290W avg	7	21
22	Bike CX			10	22
23	Bike CX		230W	8	23
24	Bike CX		230W	8	24
25					25
26					26
27					27
28					28
29					29
30	Bike		Adventure ride 650km	22,75	30
31					31
			Total (h):	147	

July		2021			
	Activity	Intensity	Program	Hours	
1			Body fucked up from the adventure ride		1
2					2
3					3
4					4
5					5
6	Bike	A1		7	6
7	Bike	A1		7	7
8	Bike	A1		1,5	8
9			Still fucked		9
10					10
11					11
12					12
13	Bike	A1		13,5	13
14					14
15	Bike	A1		4,75	15
16					16
17					17
18					18
19	Bike	A1		5	19
20	Bike	A1		5	20
21	Bike	A1		5	21
22	Bike	A1		5	22
23	Bike	A1		5	23
24					24
25					25
26	Bike	A1	255W	6	26
27	Bike	A1	257W	6	27
28	Bike	A1	256W	6	28
29	Bike	A1	261W	6	29
30	Bike	A1	278W	6	30
31					31
Total (h):				88,75	

August	2021					
Activity	Intensity	Program	AVG Watt	Hours		
1					1	
2	Bike	A1 Threshold	8x8min 390W	390	5,5	2
3	Bike	A1 Threshold	8x8 3x390W	390	5	3
4	Bike	A1 Threshold	10 10 14 14 15 15min 395W	395	5	4
5	Bike	A1			5,25	5
6	Bike	A1 Threshold	8x8 400W	400	5	6
7						7
8			Travelday 8h car			8
9	Bike	A1 Threshold	8x8' 390W rest: 3min	390	5	9
10	Bike	A1 Threshold	8x8 405W rest: 3min	405	5,25	10
11	Bike	A1 Threshold	8-12-14-20-10min 405W rest: 3-4min	405	5	11
12	Bike	A1 Threshold	8-8-8-8-8-16-9 415W	415	5	12
13	Bike	A1 Threshold	16-16-32 404W	404	5,25	13
14						14
15						15
16	Bike	A1 Threshold	13-17-17-17-17 rest: 4min, 5,7mmol/l after last interval	409	5	16
17	Bike	A1 Threshold	4x20min, rest 4min		5	17
18	Bike	A1 Threshold	8x10min rest 3min	402	5	18
19	Bike	A1 Threshold		392	4,5	19
20	Bike	A1	Aborted after 30min, body needs rest, I've slept poorly		0,5	20
21			Travelday 8h car			21
22			Travelday 3,5h car			22
23	Bike	A1 Threshold	3x10' rest 3min, body lacking power from travel	397	4	23
24	Bike	A1 Threshold	8x10min rest 3min	400	5	24
25	Bike	A1 Threshold	10-10-10-10-15-12,5-12,5min rest 3-4min	402	5	25
26	Bike	A1 Threshold	2x10min 4x15min rest 3-4min	402	5	26
27	Bike	Threshold	15-17-18-20-23	403	2	27
	Bike	A1			3	
28						28
29						29
30	Bike	A1 Threshold	6x15'	401	4,75	30
31	Bike	A1 Threshold	6x15, some A1 and then punctured without extra tube	402	3	31
			Total (h):		103	





November										
Activity	Intensity	Program	Bicarbonat	Mmol/l	Watt / laptime	Comments	Hours	UREA	Weight	
1	Ice	10k speed	2x (3x8laps 1,5 laps rest) set rest: 30'		30,3	Bad steel	1,25	1	5,25	83,5
	Bike	A1			218		2,5		7,88	
2	Ice	10k speed	2x (3x8laps 1,5 laps rest) set rest: 30'		30,76	Bad steel	1,25	2	7,1	82,7
	Bike	A1			219		2,5		8,79	
3	Ice	10k speed	2x (3x8laps 1,5 laps rest) set rest: 30'		29,9	Good steel	1,25	3	7,89	83,1
	Bike	A1			223		2,5		10,5	
4	Ice	10k speed	2x (3x8laps 1,5 laps rest) set rest: 30'		29,84	Good steel	1,25	4	9,32	82,5
	Bike	A1			225		3		11,3	
5		Restday						5	7,55	82,3
									8,24	
6	Ice	5k speed	3x (3x4laps- 1,5 laps rest) set rest: 10' & 30'		28,9	Good steel	1,25	6	7,27	82,8
	Bike	A1			218		2,5			
7	Ice	5k speed	3x (3x4laps- 1,5 laps rest) set rest: 10' & 30'	1,5h before warm-up	29,2		1,25	7	7,68	82,7
	Bike	A1			225		2,75		10,3	
8	Ice	5k speed	3x (3x4laps- 1,5 laps rest) set rest: 10' & 30'		29,17		1,25	8	6,65	83,1
	Bike	A1			221		2,25		12	
9		Travel to Tomaszow						9		82
10	Bike	A1					0,25	10		
11	Ice	Race prep	3 laps at 30,5", 5min break, 1000m: 20,0 29,2 29,0				0,5	11		
12	Race	5k Competiton	World Cup Tomaszow 8.15.56	2h before WU	29,6			12		81,5
13		Travel to Stavanger						13		
	Bike	A1			228		2,25			
14	Ice	10k speed	2x (3x8laps 1,5 laps rest) set rest: 30'	7,8 - 10	30,48		1,25	14		82,8
	Bike	A1			222		2,5			
15	Ice	10k speed	2x (3x8laps 1,5 laps rest) set rest: 30'	7,7 - 8,8	30,4	Lacked carbohydrates	1,25	15		
	Bike	A1					2,5			
16	Ice	10k speed	2x (3x8laps 1,5 laps rest) set rest: 30'	7,2 - 9,5	29,99		1,25	16		82,6
	Bike	A1					2,5			
17								17		81,7
18								18		82,2
19	Ice	Raceprepp	4 laps 30"				0,5	19		82,2
20	Ice	RACE	Race 10 000m Stavanger WC2	2h before WU	12.38.92		0,5	20		
21	Bike	A1			217 W		6	21		
22	Bike	A1			211 W		2,5	22		
23	Ice	10k speed			30,37		0,75	23		83
	Bike	A1			208 W		4			
24	Bike	A1			205 W		3,5	24		
		Travel to Salt Lake City						25		
25								26		
26								26		82,2
27	Bike	A1			-		4	27		82,9
28	Bike	A1			217 W		5	28		82,1
29	Bike	A1			220 W		5	29		82
30	Ice	Habitation	3 laps 10k speed, 2x2 laps 5k speed		30		0,5	30		
					228 W		4			
31								31		
							<b>Total (h):</b>	<b>77,25</b>		

December		2021							
Activity	Intensity	Program	Bicarbonate	Watt/Laptime	Hours	UREA	Weight		
1						1	82		
2	Ice	Raceprepp	3 laps 10k speed, 3,5 laps 5k speed		0,5	2	82,1		
3	Ice	Race	5000m WC 3 Salt Lake City	WR 6.01,56	0,5	3	81,9		
				209 W	3				
4	Ice	Race	1500m	1.47,18	0,5	4	82,9		
	Bike	A1		208 W	1				
5	Ice	5k speed	2x3x4 laps	28,1	1	5			
	Bike	A1	Travel Calgary		1				
6	Ice	5k speed	3x4 laps	29,75	0,75	6			
7						7			
8						8			
9	Ice	Raceprepp			0,5	9			
10	Ice	Race	5 000m Calgary WC 4	6.04,29	0,5	10			
	Bike	A1		199 W	2,75				
11	Bike	A1		-	5,25	11			
12			Travel to Inzell			12			
13						13			
14	Bike	A1		219 W	5,75	14	7,46	81,9	
15	Bike	A1		227 W	6	15	8,09	80,3	
16	Ice	10k speed	3x8laps 1,5 laps rest	30,75	0,75	16	11,1	79,6	
	Bike	A1		235 W	3				
17						17		80,6	
18						18	7,9	81,6	
							9,68		
19	Ice	10k speed	2x (3x8laps 1,5 laps rest)	30,24	1,25	19	8,6	81	
	Bike	A1		225 W	3				
20	Ice	10k speed	2x (3x8laps 1,5 laps rest)	30,25	1,25	20	10,5	80,2	
	Bike	A1		225 W	3		10,8		
21	Ice	10k speed	2x (3x8laps 1,5 laps rest)	30,14	1,25	21	7,9	80,3	
	Bike	A2		235W	3		15		
22	Ice	10k speed	2x (3x8laps 1,5 laps rest)	30,18	1,25	22	9,7	79,8	
	Bike	A2		233 W	3		12,4		
23	Ice	10k speed	2x (3x8laps 1,5 laps rest)	30,35	1,25	23	8,68	80,2	
	Bike	A3		229 W	3		9,5		
24						24		80,6	
25						25	5,55	80,5	
26	Ice	10k speed	2x (3x8laps 1,5 laps rest) (abortet last set)	30,2	1	26	7,5	81	
	Bike	A1		228 W	2		6,6		
27			SICK, headache, bad sleep and high HR			27	5,5	80,3	
							5,7		
28			RECOVERY AFTER SICKNESS			28	6,3	80,3	
29	Ice	10k speed	2x (3x8laps 1,5 laps rest) (abortet last set)	30,5	1,25	29	4,3	79,9	
	Bike	A1		206 W	2		4,17		
30	Ice	10k speed	1x (3x8laps 1,5 laps rest)	29,6	0,75	30	6,5	80,3	
	Bike	A1		225 W	2		5,1		
31	Ice	10k speed	2x (3x8laps 1,5 laps rest)	29,6	1,25	31	6,7	80,4	
	Bike	A1		228 W	2,5		8,6		
			Total (h):		66,75				

