Endurance and sprint training was executed with sport-specific movement patterns (ski or roller ski) for 64±3% (465±56 h/min-max: 376–569 h) of total training time, with the remaining 36±3% (265±47 h/min-max: 196–337 h), composed of non-specific activity forms (running, cycling etc.) throughout the year. The proportion of sport-specific training increased significantly from general preparation (GP) (48±6%) to specific preparation (SP) (87±8%) and competition period (CP) (92±4%) (P<.01). The distribution across all five intensity zones was: zone 1: 86±3±1%, zone 2: 5.3±3.0%, zone 3: 3.3±0.9%, zone 4: 3.3±1.1% and zone 5: 2.1±1.0%. When all endurance sessions were nominally categorized using the session goal approach, the distribution was 77±2% LIT and 23±2% HIT. Total training time (h, wk⁻¹) decreased by 9±14% from the pre-peak to peaking phase, but this did not reach statistical significance. However, the reduction from GP, when training volume was highest, to the peaking phase, was 32±15%.

This decrease in total training volume was entirely due to a reduction in non-sport-specific training. The decrease in training volume from GP and pre-peak phase to the peaking phase was achieved via a reduction in both endurance and strength training, while sprint training time remained stable, although there was a tendency for sprint training time to increase slightly from the pre-peak phase to the peaking phase. There were no significant changes in total session frequency per week between the peaking phase and any of the other phases. There was non-significant decrease of 9±15% in LIT endurance training (h, wk⁻¹) from the pre-peak phase to the peaking phase. However, LIT training volume decreased by 31±17% (P=.01) from GP to the peaking phase. In contrast, HIT time (h, wk21) remained stable from both pre-peak phase to the peaking phase and from GP to the peaking phase.