

SKILETICS® WORKOUT



"HIGH SPEED" EXPERT

TECHNIQUE: SKATING
TERRAIN: FLAT

DURATION:
CA. 65 - 75 MIN

WARM UP:

- Easy skiing 10 minutes
- „Swiss Cross“ gliding: 5 x left, 5 x right (alternately)
- „Swiss Cross“ gliding with higher speed:
5 x left, 5 x right alternately. (One-legged long glide)
- „Curve Step as an eight“ big, open area, fast pace:
2 x left, 2 x right (width of 8 approx. 5 meters)
- „One-legged Squat“ out of skate movement:
5 x left, 5 x right
- Pick-Up 60% (Start pick-ups easy, speed up to 60%
of your maximum speed) ca 200 m
„Double Poling“ -> „Skating V1“ -> „Skating V2“ ->
„Skating V3“

MAIN PART:

Exercise: (10 min)
Sprints: maximum speed from the start

„Skating V1“

Intensity: Max.
Repetitions / Distance: 5-8 cycles
Sets: 3
Break: 1 minute

Active break 1000 m easy skiing (6-8 min)

Exercise: (10 min)

Sprints: maximum speed from the start

„Skating V1“ -> „Skating V2“

Intensity: Max.
Repetitions / Distance:
5-8 cycles „Skating V1“ -> 10 cycles „Skating V2“
Sets: 3
Break: 1-3 minutes

Active recovery 1000 m easy skiing (6-8 min)

Exercise: (10 min)

Sprints „interrupts“: Sprints at maximum pace, quick
stop and start over. 3-5 repetitions are one set.

„Skating V1“

Intensity: Max.
Repetitions / Distance: 10-15 cycles
Sets: 3
Break: 1-3 minutes

COOL DOWN:

Easy skiing 10-15 minutes.

