

SKILETICS® WORKOUT



"INTERVAL - 1 HIT" ADVANCED

TECHNIQUE: CLASSIC
TERRAIN: HILLY

DURATION:
CA. 75 - 85 MIN

WARM UP:

- Easy skiing 15 minutes
- „One-legged Squat“:
5 x left, 5 x right (vary in range of motion)
- „Diagonal Poling“:
15 x left, 15 x right alternately (ca. 100 m)
- 3 x Pick-Up 80% (Start pick-ups easy, speed up to 80% of your maximum speed) ca. 200 m „Diagonal“ -> „Double Poling“

MAIN PART:

Exercise: (45 min)
Depending on terrain:
„Diagonal“
„Double Poling“

Intensity: Submax. -> max. (80-100%)
Repetitions / Distance: 1000 m
Sets: 4-6
Break: 5 minutes

COOL DOWN:

Easy skiing 20-30 minutes

