

# SKILETICS® WORKOUT



## "HIGH SPEED" ADVANCED

**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

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

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**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

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

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**Exercise:** (10 min)

**Sprints „interrupts“: Sprints at maximum pace, 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

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**COOL DOWN:**  
Easy skiing 10-15 minutes.

