

# SKILETICS® WORKOUT



## "INTERVAL - 1 HIT" ADVANCED

**TECHNIQUE: SKATING**  
**TERRAIN: HILLY**

**DURATION:**  
**CA. 75-85 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
- 3 x Pick-Up 80% (Start pick-ups easy, speed up to  
80% of your maximum speed) ca 200 m  
„Double Poling“ -> „Skating V1“ -> „Skating V2“ ->  
„Skating V3“

### MAIN PART:

**Exercise:** (45 min)  
**Depending on terrain:**  
„Skating V1“  
„Skating V2“  
„Skating V3“

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

### COOL DOWN:

Easy skiing 20-30 minutes.

