

# SKILETICS® WORKOUT



## "POWER" ADVANCED

**TECHNIQUE: SKATING**  
**TERRAIN: VARIOUS CLIMBS**

**DURATION:**  
**CA. 60 - 80 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: „Skating V1“ (10-12 min)**  
**- advanced climb (ca. 5-10%)**  
Intensity: High  
Repetitions / Distance: 200 m

Sets: 3  
Break: 1-3 minutes

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*Active recovery 500 m easy skiing (3-6 min)*

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**Exercise: „Skating legs only“ (10-12 min)**  
**– easy climb (ca. 3%)**

Intensity: High  
Repetitions / Distance: 200 m  
Sets: 3  
Break: 1-3 minutes

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*Active recovery 500 m easy skiing (3-6 min)*

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**Exercise: “Skating V2” (10-12 min)**  
**– advanced climb (ca.5-10%)**

Intensity: High  
Repetitions / Distance: 150 m  
Sets: 3  
Break: 1-3 minutes

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**COOL DOWN:**  
Easy skiing 15-20 minutes.

