

SKILETICS® WORKOUT



"HIGH SPEED" EXPERT

TECHNIQUE: CLASSIC
TERRAIN: FLAT

DURATION:
CA. 70 - 80 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)
- Speed-Up 80% (Start pick-ups easy, speed up to 80% of your maximum speed) ca. 200 m „Diagonal“ -> „Double Poling“

MAIN PART:

Sprints: Sprint pace from the start

Exercise: „Diagonal“

Intensity: Max.

(10 min)

Repetitions / Distance: 10-15 cycles

Sets: 3

Break: 1-3 minutes

Active break: 500 – 1000 m easy skiing (5-8 min)

Exercise: „Double Poling“ (10 min)

Intensity: Max.

Repetitions / Distance: 10 cycles

Sets: 3

Break: 1-3 minutes

Active break: 500 – 1000 m easy skiing (5-8 min)

Exercise: “Diagonal legs only” (10 min)

Intensity: Max.

Repetitions / Distance: 10-15 cycles

Sets: 3

Break: 1-3 minutes

Active break: 500 – 1000 m easy skiing (5-8 min)

Exercise: “Diagonal” (7 min)

Intensity: Max.

Repetitions / Distance: 10-15 cycles

Sets: 1-2

Break: 1-3 minutes

COOL DOWN:

Easy skiing 10-15 minutes

