

SKILETICS® WORKOUT



"INTERVAL - 2" EXPERT

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:

Consistent, easy pace on a hilly loop with speeds (sprints) every 2-5 minutes. 30-second

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

Intensity: easy - max.
Repetitions / Distance: Individual
Sets: 6-8 x high speed passages à 30 seconds
Break: Easy skiing 2-5 minutes

COOL DOWN:

Easy skiing 20-30 minutes

