

# SKILETICS® WORKOUT



## "POWER LOOP" EXPERT

**TECHNIQUE: CLASSIC**  
**TERRAIN: HILLY**

**DURATION:**  
**CA. 60 - 70 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:

The training should take place at a loop with 4 „stations“, which will be completed three times. The four stations are:

#### **Exercise: „Double Poling“ - easy climb (ca. 3%)**

Intensity: Submax. (60-80%)

Repetitions / Distance: 200 m

Sets: 2

Break: 1-3 minutes active recovery– easy skiing in between stations

#### **Exercise: „One-legged Squat“ - flat**

Intensity: Low

Repetitions / Distance: 5 x left, 5 x right

Sets: 1

Break: 1-3 minutes active recovery– easy skiing in between stations

#### **Exercise: “Diagonal” - advanced climb (5-10%)**

Intensity: Submax. (60-80%)

Repetitions / Distance: 50 m

Sets: 2

Break: 1-3 minutes active recovery– easy skiing in between stations

#### **Exercise: “Diagonal legs only” - easy climb (ca. 3%)**

Intensity: Submax. (60-80%)

Repetitions / Distance: 200 m

Sets: 2

Break: 1-3 minutes active recovery– easy skiing in between stations

### COOL DOWN:

Easy skiing 10-15 minutes

