

SKILETICS® WORKOUT



"INTERVAL - 2" EXPERT

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:

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

Exercise: (45 min)

Depending on terrain:

**„Skating V1“
„Skating V2“
„Skating V3“**

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.

