

SKILETICS® WORKOUT



"POWER" EXPERT

TECHNIQUE: SKATING
TERRAIN: VARIOUS CLIMBS

DURATION:
CA. 80 - 100 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“ (18-20 min)

- **steep climb (>10%)**

Intensity: High

Repetitions / Distance: 200 m

Sets: 5

Break: 1-3 minutes

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

Exercise: „Skating legs only“ (15-18 min)

- **easy climb (ca. 3%)**

Intensity: High

Repetitions / Distance: 200 m

Sets: 5

Break: 1-3 minutes

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

Exercise: “Skating V2” (15-18 min)

- **advanced climb (ca.5-10%)**

Intensity: High

Repetitions / Distance: 150 m

Sets: 5

Break: 1-3 minutes

COOL DOWN:

Easy skiing 15-20 minutes.

