

SKILETICS® WORKOUT



"POWER LOOP" EXPERT

TECHNIQUE: SKATING
TERRAIN: HILLY

DURATION:
CA. 60 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:

The training should take place on a loop with seven „stations“, which will be completed three times. Break: 1-3 minutes active recovery – easy skiing in between stations . The seven stations are:

Exercise: „Skating V2“ – easy climb (ca. 3%)

Intensity: Submax. (60-80%)
Repetitions / Distance: 200 m Sets: 2

Exercise: „Swiss Cross“ – slight downhill (ca. 3%)

Intensity: Low
Repetitions / Distance: 5 x right, 5 x left Sets: 1

Exercise: “Skating legs only” – easy climb (ca. 3%)

Intensity: Submax. (60-80%)
Repetitions / Distance: 200 m Sets: 2

Exercise: “Skating V2 with partner” – slight climb (ca. 3%)

Intensity: Submax. (60-80%)
Repetitions / Distance: 100 m Sets: 2

Exercise: “Curve Step” – slalom slight downhill

Intensity: Low
Repetitions / Distance: 100 m Sets: 1

Exercise: “One-legged Squat” – flat

Intensity: Low
Repetitions / Distance: 6 x left, 6 x right Sets: 1

COOL DOWN:

Easy skiing 10 minutes.

