

SKILETICS® WORKOUT



"SPEED-UP" EXPERT

TECHNIQUE: SKATING
TERRAIN: FLAT

DURATION:
CA. 50 - 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:

Pick-Ups 100% in every exercise: Start pick-ups easy, speed up to 100% of your maximum speed:

Exercise:

„Double Poling“ -> „Skating V2“

(8 min)

Intensity: Progressive -> max.

Repetitions / Distance:

5-8 Cycles „Double Poling“ -> 5-6 cycles „Skating V2“

Sets: 3-5

Break: 1-3 minutes

Active recovery 500 m easy skiing

(3-6 min)

Exercise:

„Skating V1“ -> „Skating V2“ -> „Skating V3“

(6-8 min)

Intensity: Progressive -> max. (Change of skiing
technique with respective speed barrier)

Repetitions / Distance:

5 cycles „Skating V1“ -> 5 cycles „Skating V2“ ->

8 cycles „Skating V3“

Sets: 4

Break: 1-3 minutes

Active recovery 500 m easy skiing

(3-6 min)

Exercise: „Double Poling“ -> „Skating V2“

(8 min)

Intensity: Progressive -> max

Repetitions / Distance:

5-8 cycles „Double Poling“ -> 8-10 cycles „Skating V2“

Sets: 3-5

Break: 1-3 minutes

COOL DOWN:

Easy skiing 10-15 minutes.

