

Here is a workout plan for over the winter break. We will have a bus on 12/27 and 12/29. Plan to be on the bus for those days.

Thursday 12/22 –

Skate Ski - Elm Creek Varsity/returners, ski level 2-3, without poles man-made loop. 20-30 min.

- Main concentration on balance and glide.

First year skiers – Ski without poles in practice area/smaller easier loop. IE up to the chalet and back. Work on your balance and glide.

- Skate ski with pole continuous, easy ski rest of practice.

Friday 12/23

Skate or Classic – Arms only intervals 45 to 55 min.

- 10 Min. very easy ski/warm-up

Workout-

- Double poling using arms only.
- 20 -30 min. alternation 2-3 minutes of double poling on easy terrain with 3-5 min. of recovery, using both arms and legs. Repeat until tired.
- Cool down 5 min. easy ski.

Note: If you cannot make the full time double poling, then do what you can, and rest.

Saturday 12/24

8:00AM Ski Race @ Elm Creek, High School skiers \$10. Must register on line. Coaches recommend if you are around to ski this. <http://www.pioneermidwest.com/events/winter-warm-up-10km-5km-ski-race/>

Otherwise a 60 to 120 minute easy ski.

Sunday 12/25

Rest day – Merry Christmas, ski if you want.

Monday 12/26

Classic or Skate, Steady STATE Skiing – 55 to 65 min.

- 10 Min. very easy ski/warm-up

Workout-

- 5km or more, depending on ability.
 - Try to maintain the same intensity throughout the workout. If skiing in hills you may have to slow down greatly on the uphill and work harder on the flats and downhill to keep your rate relatively consistent.

- Cool down 5 min. easy ski.

Tuesday 12/27 – Bus to Wirth Park 10:00AM Practice.

Classic or Skate, Natural Intervals – 60 to 70 min.

- 10 Min. very easy ski/warm-up

Workout-

- 4km or more, depending on ability.
 - Use the terrain to dictate your intervals. Try to recover on the downhills and ski relaxed on the flat areas. Ski at a pace that you can maintain up the hill. Coast and recover on the downhills.
- Cool down 5 min. easy ski.

Wednesday 12/28

Classic or skate skiing – Very easy skiing 45-55 min.

- 4km or more depending on your ability
 - Go at an intensity that you know is easy.
 - Goal for workout, work on your balance, form, glide, and technique.

Thursday 12/29 – Bus to Wirth Park 10:00AM Practice.

Skate or Classic – Long uphill intervals 45 to 55 min.

- 10 Min. very easy ski/warm-up

Workout-

- 20 to 30 min alternating 3-4 min. intervals at or slightly above race pace with 3-4 min. rest. Repeat until tired
- NOTE: Hill intervals are quite hard. Keep your speed on the uphills and to accelerate when terrain changes. Treat these intervals as races, with the mind-set that you are going to do 3-4 at the same pace.

Friday 12/30

Classic or skate skiing – Very easy skiing 45-55 min.

- 4km or more depending on your ability
 - Go at an intensity that you know is easy.
 - Goal for workout, work on your balance, form, glide, and technique.

Saturday 12/31

Classic or skate long distance ski, 120 min. or more.

- Great time to get a group together and explore other ski trails. Bring plenty of water and food. Drink and eat a little every 20-30 min. Just keep skiing.

Sunday 1/1

Rest Day – Ski only if you want to.

Monday 1/2

Wax skis @ Champlin Park high School

Tuesday 1/3

Race day - @ Elm Creek