

RACE DAY

PRE-RACE WARM-UP:

(60 minutes before the race)

- FOR CLASSIC:
 - Make sure kick is good
 - Kick wax is very important
- 35 minutes easy ski, check course
- 25 minutes before race time
 - 1 X 3-4 Minute L3 with 3 Minute rest
 - 1-2 X 1 Minute L4 (race pace) 3 minute rest
- Get to the start line, warm-ups off, get ready to ski.

RACE:

- Ski fast, hurry back!

POST-RACE:

- Put warm-ups on.
- Cool down ski
 - **MINIMUM COOL DOWN IS 5KM!!!**
- Hydrate