

Explanation of Training Plan Terms

L = Level. See explanation of different training levels.

OD = Over Distance or long slow distance workout.

WU = Warm Up.

CD = Cool Down.

What is important each week

Sunday L1 OD is essential. Do this ski continuously, stopping briefly only for a drink or a bite to eat. 2/3 of the way through this ski, perform 3 one minute long L3 pick ups, then finish the rest of the ski in L1. Alternate weeks of classic and skate, unless you only do one technique.

L3 and L4 Intervals. These are very important in developing different gears/speed. If you always ski the same intensity you will only have one gear/speed. Perform these on rolling terrain. Pick a spot on the trail where you will do these intervals and repeat them on the same section of trail. If you notice a decrease in the distance or increase in time needed to complete the interval while doing the same effort, stop and proceed to your cool down. The amount of time between intervals for L3 is 2 minutes. For L4, equal parts work to rest; in other words, if the L4 interval is 4 minutes, allow 4 minutes of rest between L4 efforts. Alternate weeks of classic and skate.

General Strength. This is so important as we age and lose muscle mass. There are many programs available online to show you exercises. Core exercises such as planks, situps, triceps dips, pull ups, bridges, lunges and squats are examples. If you have never done anything like this, go to a gym and get instruction. Doing these with incorrect technique can result in injury.

Specific Strength. This is strength done on skis. This should be done on a slight uphill. If you find this too hard, begin on the flats and slowly build your way up to the slight uphill. These should be done as a hard effort.

The 4 exercises are:

DP =Double pole.

SS = single stick. This is just like the double pole but alternating one arm at a time, like the arm movement while striding. Make sure to keep your feet together.

DPI = Double Pole Initiation. This is the beginning of the double pole motion where you lock your arms in place and initiate with your core. It used to be a crunch. Now it is being taught more as a hinge at the waist.

LO = Legs Only/no poles.

Alternate these techniques. The rest period is the time it takes you to return to your starting point.

General L1 Distance. These are shorter continuous skis. Use this ski to concentrate on a technique focus. Alternate weeks of classic and skate.