

## 4-H CANSKI (Chequamegon Area Nordic Ski Club) Training Tips

xc ski training program (off season)

summer:

The five key components to the summer training are:

- a. one really good **long** low intensity training session (bike based)
- b. one **speed** session
- c. two good **strength** sessions
- d. **flexibility**: stretch every day or at least two good session per week (10+ min)
- e. have **fun** (if you're not, you need to change your training program)

Your pattern for the **long training** session should be to start with 45 minutes of steady easy activity (bike, hike, paddle), and add 15 minutes each week 1-3 to that training session. On the fourth week you should do just 45 minutes to rest. (So: wk 1 - 45 min, wk 2 - 60 minutes, wk 3 - 75 minutes, wk 4 - 45 minutes, wk 5 - 90 minutes, wk 6 - 105 minutes, wk 7 - 120 minutes, wk 8 - 45 minutes, wk 9 - 90 minutes, wk 10 - 105 minutes, wk 11 - 120 minutes, wk 12 - 45 minutes). The rest weeks are important. Start the summer by doing a month of 45 minutes to 1 hour once per week for base. Distance is the base of your training. This long slow session is really important. Find something that you like to do, and do it slowly and continuously. This might be a slow road ride or trail ride on moderate terrain. Slow means a pace that leaves you able to converse easily without getting out of breath while you are doing the activity.

**Speed training** can take many forms. If you ride tricks, a really good day on a ramp or of high speed moves will take care of it. On a mountain bike, do a good pace on hilly terrain. Play soccer for at least an hour. If you want to get more specific than that, do some interval training: 4 minutes hard followed by 4 minutes easy x 6 repeats; or ride in a pack and play drop the pack for an hour.

**Strength:** You can do strength paddling a heavy canoe, riding up steep hills, or moving rocks in your uncle's garden. One fast way to increase strength in a time efficient and balanced manner is to do strength training. You can do this on weights or if you do not have the facilities available - do calisthetics. Strength should happen two times each week for at least 15 minutes and not more than 40. Cross country skiers need strong legs and trunk or torso muscles above all else. Lats and tricep strength are also helpful. In your summer program you should build overall strength. We'll get more ski specific in the fall. You might add some hill bounding on a big hill with poles or some uphill double pole on rollerblades mid or late summer.

Basic calisthetics might include:

sit ups (bent leg)  
crunches  
supermans  
push ups  
pull ups

dips  
one legged squats  
(one set month one, 2 sets month two, etc...  
you might try 30 seconds on and 30 seconds rest)

If you are in the weight room:

sit ups	pull ups	(work up to 2 - 3 sets of 12 reps)
squats	dips	
bench	tricep extensions	

For **flexibility** stretch a bit every training session, and 10+ minutes at least twice each week. Get a routine going that is consistent. Flexibility is more important to xc skiers than most people think. It can get you an extra 2 inches per stride which adds up over the course of 5 or 10 kilometers, and makes a huge difference over the course of a 55k Birke.

If you are not having fun, you are doing something wrong. Tinker with your training program, your setting, or the social aspect of training until you are having fun.

Four training days per week is a minimum throughout the summer. Take at least one day per week off. (Don't forget to count moving rocks in your uncle's garden for 6 hours as training - i.e. a strength training session.) Any training you do in the summer is money in the bank for ski season! (Think "another minute or two off of my state race next February").

Sample checklist for summer training week:

- strength session (10-30 minutes): suggest working this into one of your other training sessions
- strength session
- overdistance/endurance session (60-120 minutes easy)
- moderate distance with a bit of speed (30-45 minutes with 10-15 minutes total speed)
- short distance recovery day (easy 20-30 minutes)
- moderate distance (easy or moderate pace 30-45 minutes)

Total time: 40 - 60 minutes strength  
3 - 5 hours of distance

Biathletes should be shooting at least once each week for at least an hour or several times a week for a shorter period of time.

Example week:

M	easy 30 minute run with 20 minutes of strength (or 45 minute bike)
Tu	long hike w. poles, bike ride, paddle (90 minutes) or combination, (or 50 min. run)
W	off or activity of choice
Th	30 minute run with 3 x 3 minutes at 5k/3mi race pace, stretch 20 minutes
F	45 minute bike or paddle or rollerski (or 30 min. run) + strength
Sa	Bike to lake, swim, bike home (60+ minutes) or trail run with hills (40 min. - ski poles optional) and jump in the lake
Su	off

Younger athletes should average 2-4 hours each week of training. 15-16 y/o should average 3-5. 17-18 should average 4-6 hours in the summer. Pick things you like to do!