

# PWER Summer Training 2015

## Training Objectives

Improve skate technique

- Can perform and knows when to perform all three techniques
- Consistent V2 for long periods of time
- V1 on both sides
- Increase weight transfer & power on skis to increase glide capability

Greatly improve general strength & ski-specific strength

Develop anaerobic Threshold Efficiency

## Training Schedule

Summer training begins June 15<sup>th</sup> and runs until July 31<sup>st</sup>. No practice from July 5<sup>th</sup> to July 12<sup>th</sup> in accordance to MSHL Law.

7 training sessions per week

- Monday P.M.- General Strength/Balance Development/Technique-Video @ Park High School – 4:00-6:00
- Tuesday A.M. – Level 1-2 Skate Ski @ Afton City Hall/Cooley (Technique & Aerobic Base) -8:00-9:30
- Tuesday P.M. – Hill Bounding @ Afton State Park (Classic Technique & ANT Development) -4:00-5:30
- Wednesday A.M. – Level 3-5 Skate intervals @ The Ravine 8:00-10:00
- Thursday A.M. – Level 1-2 Double Pole Specific Strength @ South St. Paul Dog Park 8:00-9:30
- Thursday P.M. – General Strength & Plyometric @ Park High School 4:00-5:30
- Friday – Long Level 1-2 Skate Roller Ski (Technique implementation & Aerobic Development) @ Gate way Trail Begins @ 8:00 – Various end times

Athletes are expected to keep a training notebook

- Record workout duration, distance, repetitions, maximums, Energy Level
- Coaches will collect, review, and discuss individually with athletes

-Athletes must make coaches aware of other training they are participating in

-Heart-Rate monitor is highly recommended (does not matter what kind as long as it works)

## What you need

Water bottle and water bottle holder

Good running shoes

Watch – preferably a heart rate monitor

Rollerski specific

- Skate Rollerskis
- Poles with rollerski ferrules (tips)
- High visibility clothing
- Gloves
- Helmet (required to ski with us)
- Knee pads and / or elbow pads are optional (recommended if you are new to rollerskiing)

NOTE: Athletes in Summer-training are encouraged to attend all practices but many of you are involved in multiple-sports or are new to this level/type of training. Those of you that fit that criterion are expected to work with the coaches to develop a Summer training plan that works best for their situation