

High School Racer Training Checklist

- 1 Long Ski (1.5-2 hr.) with body speeds (5-6 @ 200 meters)
- Speed workout:
 - Week 1: 3x3 min (3 min rest)
 - Week 2: Ladder 1 min, 2 min, 3 min, 2 min, 1 min (while skiing easy over varied terrain)
 - Week 3: 4x3 min (3 min rest)
 - Week 4: Ladder 1 min, 2 min, 3 min, 2 min, 1 min (while skiing easy over varied terrain)
 - Week 5: 5x3 min (3 min rest)
 - Week 6: Ladder 1 min, 2 min, 3 min, 2 min, 1 min (while skiing easy over varied terrain)
 - Week 7: 6x3 min (3 min rest)
 - Week 8: Ladder 1 min, 2 min, 3 min, 2 min, 1 min (while skiing easy over varied terrain)
- Technique & strength (double pole and/or legs only for part of ski)
- Medium workout *40 min – 1 hour) plus strength
- Race or Time-trial
- Optional cross-training with strength and stretching (20 min of stretching)