

**Norway**  
(HS and Adult Racers)

- January 7th:** Classic Technique  
1 leg scooter (5 min.)  
Partner Scooter (5 min)  
Ski – no poles (10 min)  
Ski Valkyrie A, Teuton A (30 min)  
Game: Soccer
- January 21st:** Classic Technique  
1 pole/1 ski (timing 10 min)  
Double Pole (10 min)  
Lean from Ankle  
Upper body crunch  
Arm Position  
Ski – Benchmark – B Teuton (35 min)  
Game: 2 pole relay
- January 28th:** Skating Technique  
No poles drill ( on go)  
Dorothy click  
Telephone Pole  
Big Step  
Quick Kick  
Ski – A & B Teuton (use Smokey’s Run  
if needed)  
Game: Ultimate
- February 4th:** Skating Technique  
V-1 Timing  
No Poles  
With Poles  
Open Field Timing  
No Poles  
With Poles  
Ski – Benchmark to B & C  
Game: 5 pole relay / 180’s

**Sweden**  
(HS and Adult Recreation)

- January 7th:** Classic Technique  
1 leg scooter (5 min.)  
Partner Scooter (5 min)  
Ski – no poles (5 min)  
Ski Valkyrie A, Little A (30 min)  
Game: Soccer
- January 14th:** Classic Technique  
1 pole/1 ski (timing 10 min)  
Double Pole (10 min)  
Lean from Ankle  
Upper body crunch  
Arm Position  
Ski –Teuton A (35 min)  
Game: 2 pole relay
- January 21st:** Skating Technique  
No poles drill ( on go)  
Confused Norwegian  
Dorothy click  
V-1 Timing  
Ski – Benchmark  
Game: Ultimate
- February 4th:** Skating Technique  
V-1 Timing  
No Poles  
With Poles  
Ski angle to terrain  
Telephone Pole (high hips)  
Big Step up hill  
Ski – Teuton A  
Game: 5 pole relay / 180’s

**Italy**  
(Adult & MS advanced beginner)

- January 7th:** Classic Technique  
Check Pole Straps  
Star turns  
Falling and getting up  
1 leg scooter  
Herring bone & Snowplow  
No poles skiing  
Ski Valkyrie A (30 min)  
Game: Soccer
- January 14th:** Classic Technique  
Double Pole (10 min)  
Lean from Ankle  
Upper body crunch  
Arm Position  
Ski –Valkyrie A (35 min)  
Game: 2 pole relay
- January 21st:** Skating Technique  
No poles drill ( on go)  
Confused Norwegian  
Dorothy click  
V-1 Timing  
Ski – Benchmark  
Game: Ultimate
- February 4th:** Skating Technique  
V-1 Timing  
No Poles  
With Poles  
Telephone Pole (high hips)  
Big Step up hill  
Ski – Teuton A, with Smokey’s Run  
Game: 5 pole relay / 180’s

**Norway**  
(HS and Adult Racers)

**February 11th:** Choice of Technique  
Skating: V-1 timing (review)  
Open-field timing  
    No poles  
    With poles  
Ski (Ski A to B to C Teuton)

Classic: one pole/one ski (review)  
double pole (review)  
double pole w/kick (timing) (Explain when used)  
    Timing (dryland)  
    Timing (on skis)  
Ski – Valkyrie B  
Game – Soccer

**February 18th:** Choice of Technique  
Skating: Open-field timing (review)  
    V-2 timing  
        Pole/step (dryland)  
        Pole/step (on skis)  
    Transitions  
Ski – A & B Teuton  
Classic: Double pole w/kick (review)  
    Striding uphill (work on good timing, but quicker cadence)  
    Herringbone  
    Transitions  
Ski – Teuton A & B  
Game - Goofy relays!

**Sweden**  
(HS and Adult Recreation)

**February 11th:** Choice of Technique  
Skating: V-1 timing (review)  
Open-field timing  
    No poles  
    With poles  
Ski (Ski A Teuton)

Classic: one pole/one ski (review)  
double pole (review)  
double pole w/kick (timing) (Explain when used)  
    Timing (dryland)  
    Timing (on skis)  
Ski – Valkyrie A & Little A  
Game – Soccer

**February 18th:** Choice of Technique  
Skating: Open-field timing (review)  
    V-2 timing  
        Pole/step (dryland)  
        Pole/step (on skis)  
Ski – Benchmark B Teuton  
Classic: Double pole w/kick (review)  
    Herringbone  
    Transitions  
Ski – Teuton A  
Game - Goofy relays

**Italy**  
(Adult & MS advanced beginner)

**February 11th:** Choice of Technique  
Skating: V-1 timing (review)  
Open-field timing  
    No poles  
    With poles  
Ski (Ski A Teuton Smokey's Run)

Classic: one pole/one ski (review)  
double pole (review)  
double pole w/kick (timing) (Explain when used)  
    Timing (dryland)  
    Timing (on skis)  
Ski – Valkyrie A  
Game – Soccer

**February 18th:** Choice of Technique  
Skating: Open-field timing (review)  
    V-2 timing  
        Pole/step (dryland)  
        Pole/step (on skis)  
Ski – Benchmark B Teuton  
Classic: Double pole w/kick (review)  
    Herringbone  
    Transitions  
Ski – Teuton A Smokey's Run  
Game - Goofy relays!

## Germany

(MS & Upper Elementary)

### January 7th: Classic Technique

Check Pole Straps  
Star turns (3 min)  
Falling and getting up (2 min)  
Herring bone & Snowplow (2 min)  
No poles skiing (5 min)  
Ski Valkyrie Little A (30 min)  
Game: Soccer

### January 21st: Classic Technique

Partner Scooter  
Double Pole (Basic 10 min)  
Ski –Valkyrie Little A (35 min)  
Game: 2 pole relay

### January 28th: Skating Technique

No poles drill ( on go)  
    Confused Norwegian  
    Dorothy click  
V-1 Timing  
Ski – Benchmark  
Game: Ultimate

### February 4th: Skating Technique

V-1 Timing  
    No Poles  
    With Poles  
Telephone Pole (high hips)  
Big Step up hill  
Ski – Benchmark  
Game: 5 pole relay / 180's

## Finland

(Elementary Skaters & MS Beginners)

### January 7th: Classic Technique

Check Pole Straps  
Star turns (3 min)  
Falling and getting up (2 min)  
Herring bone & Snowplow (2 min)  
No poles skiing (5 min)  
Ski Valkyrie Little A (30 min)  
Game: Soccer

### January 21st: Classic Technique

Double Pole (Basic 10 min)  
Ski –Valkyrie Little A (35 min)  
Game: 2 pole relay

### January 28th: Skating Technique

No poles drill ( on go)  
    Confused Norwegian  
    Dorothy click  
V-1 Timing  
Ski – Benchmark  
Game: Ultimate

### February 4th: Skating Technique

V-1 Timing  
    No Poles  
    With Poles  
Telephone Pole (high hips)  
Big Step up hill  
Ski – Benchmark  
Game: 5 pole relay / 180's

## USA

(Elementary Mellow)

### January 7th: Classic Technique

Check Pole Straps  
Star turns (3 min)  
Falling and getting up (2 min)  
Herring bone & Snowplow (2 min)  
Pole and ski coordination (5 min)  
Ski Valkyrie Little A (30 min)  
Game: Soccer

### January 21st: Classic Technique

Review pole & ski coordination  
Ski no poles  
Ski –Valkyrie Little A (35 min)  
Game: 2 pole relay

### January 28th: Classic Technique

Basic double pole  
Ski – Valkyrie A  
Game: 5 pole relay and/or downhill runs

### February 4th: Classic Technique

180's  
Review herringbone & sidestep  
Ski – Benchmark  
Game: soccer

## Germany

(MS & Upper Elementary)

**February 11th:** Choice of Technique

Skating: V-1 timing (review)

Open-field timing

No poles

With poles

Ski (Ski A Teuton Smokey's Run)

Classic: one pole/one ski (review)

double pole (review)

double pole w/kick (timing) (Explain when used)

Timing (dryland)

Timing (on skis)

Ski – Valkyrie A

Game – Soccer

**February 18th:** Choice of Technique

Skating: Open-field timing (review)

V-2 timing

Pole/step (dryland)

Pole/step (on skis)

Ski – Benchmark B Teuton

Classic: Double pole w/kick (review)

Herringbone

Transitions

Ski – Teuton A Smokey's Run

Game - Goofy relays!

## Finland

(Elementary Skaters & MS Beginners)

**February 11th:** Choice of Technique

Skating: V-1 timing (review)

Open-field timing

No poles

With poles

Ski (Ski A Teuton Smokey's Run)

Classic: one pole/one ski (review)

double pole (review)

double pole w/kick (timing) (Explain when used)

Timing (dryland)

Timing (on skis)

Ski – Benchmark

Game – Soccer

**February 18th:** Choice of Technique

Skating: Open-field timing (review)

V-2 timing

Pole/step (dryland)

Pole/step (on skis)

Ski – Benchmark B Teuton

Classic: Double pole w/kick (review)

Herringbone

Transitions

Ski – Teuton A Smokey's Run

Game - Goofy relays!

## USA

(Elementary Mellow)

**February 11th:** Classic Technique

180's

Kick double-pole

Ski – Valkyrie A

Game - Soccer

**February 18th:** Classic Technique

Downhill runs

Review striding

Ski – benchmark

Game – Goofy relays