

## **High School Racer Training Checklist**

- \* 1 Long ski (1.5-2 hr.) with body speeds (5-6 @ 200 meters)
- \* Speed workout:
  - Week 1: 3 x 3 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: 4 x 3 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: 5 x 3 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: 6 x 3 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 minutes of stretching).