

**First Snow 2007**

# NIGHTRIDERS

**MASTERS & SENIORS NORDIC SKI TEAM**

**NEWS LETTER**

www.nightriders.cc  
Since 1920 and  
recently revived.



**First Snow at Camp  
Fortune Ski Hill**

## WE HAVE FOUND SNOW 10 NOV 2007



**Natural Fitness, in its purist form, is rooted in “clean oxygen fed sport.” Natural fitness employs a wide-spectrum of skills and range-of-motion, while integrating core strength through sport.**

Cold weather has allowed Camp Fortune to make snow. Not enough to open but certainly enough to train on. It is important to get on your skis as early as possible, get your balance, and start exercising ski specific muscles. Any skiing is good skiing.

Every athlete needs to start with a Goal, and a Plan commensurate with commitment. Athletes and coaches need to establish mature processes of recording, studying, scheduling and executing training.

Repetition causes movements to become automatic and, at the same time, improves strength, speed and endurance. Regularity refers to the level of daily physical activity, which must occur to maintain a level of fitness once it has been attained.

## NIGHT RIDERS



**You can sit at home, on an exercise bike... or get on snow a month before anyone else.**

One must also learn to balance principles of specificity and diversity. The two do not have to be at odds. With the right mixture and application, they can work synergistically for you. Specificity means that you have to practice realistically. If you are a skier, then you have to ski. If you are a sprinter, then you have to train skills and conditioning at high velocities. Specificity is especially important during intense phases of the training routine and program. Diversity in exercise intensity and duration serves to develop broad-based fitness and skills. The idea is to expand one's capability to go faster or longer. The appropriate place for using non-specific training modes is during less intense phases in training cycles.

Mountain of Snow waiting to be conquered



## PLAY TIME



### Local Clubs tune ski skills

Every athlete needs sufficient volume, but is not sufficient to train more. You need to train smart. Think of this as Quantity and quality. The concept of intense overload stresses an athlete's level of conditioning by stimulating it to execute at a higher level.