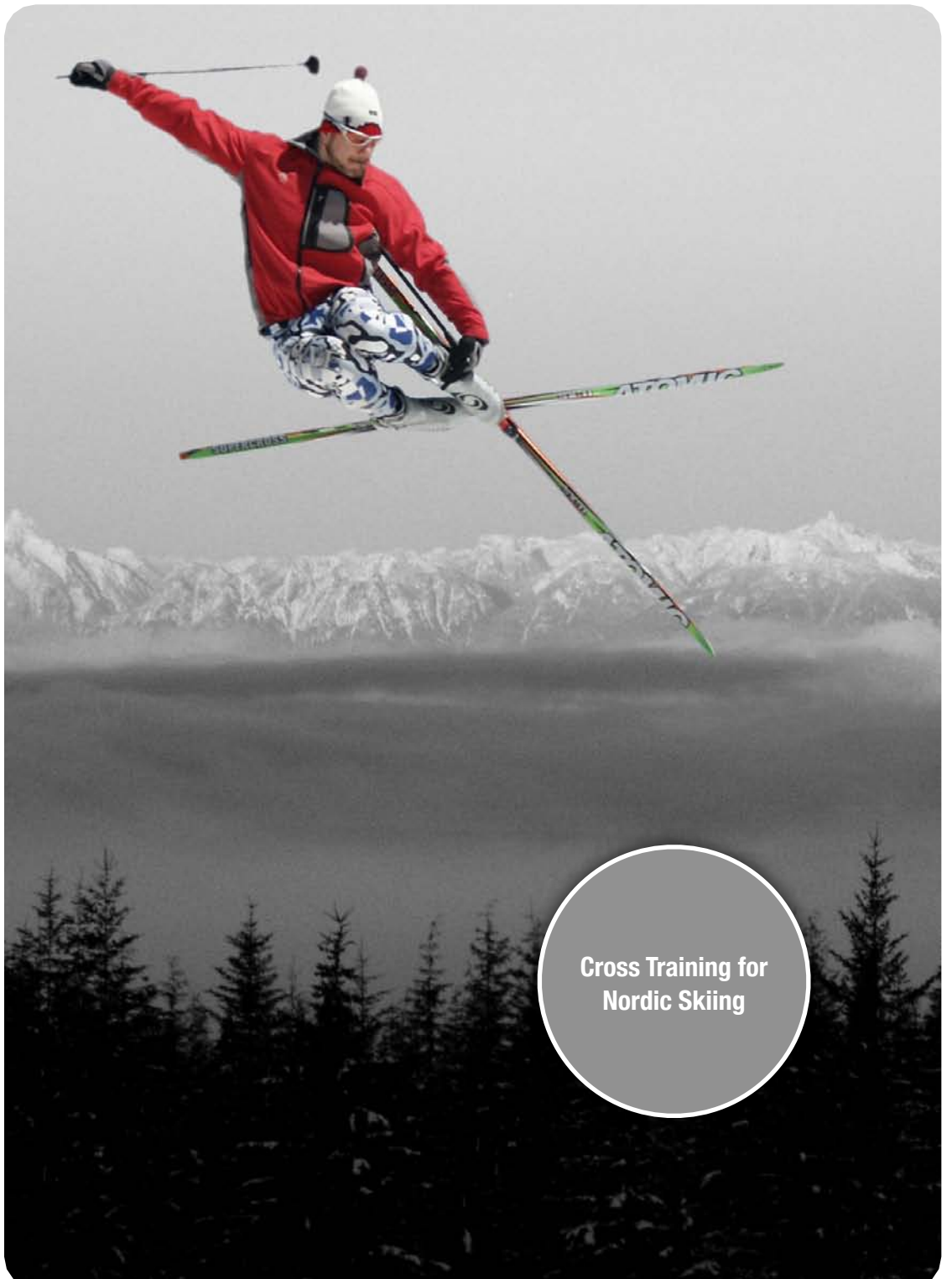


RIGHTRIDERS A NOW

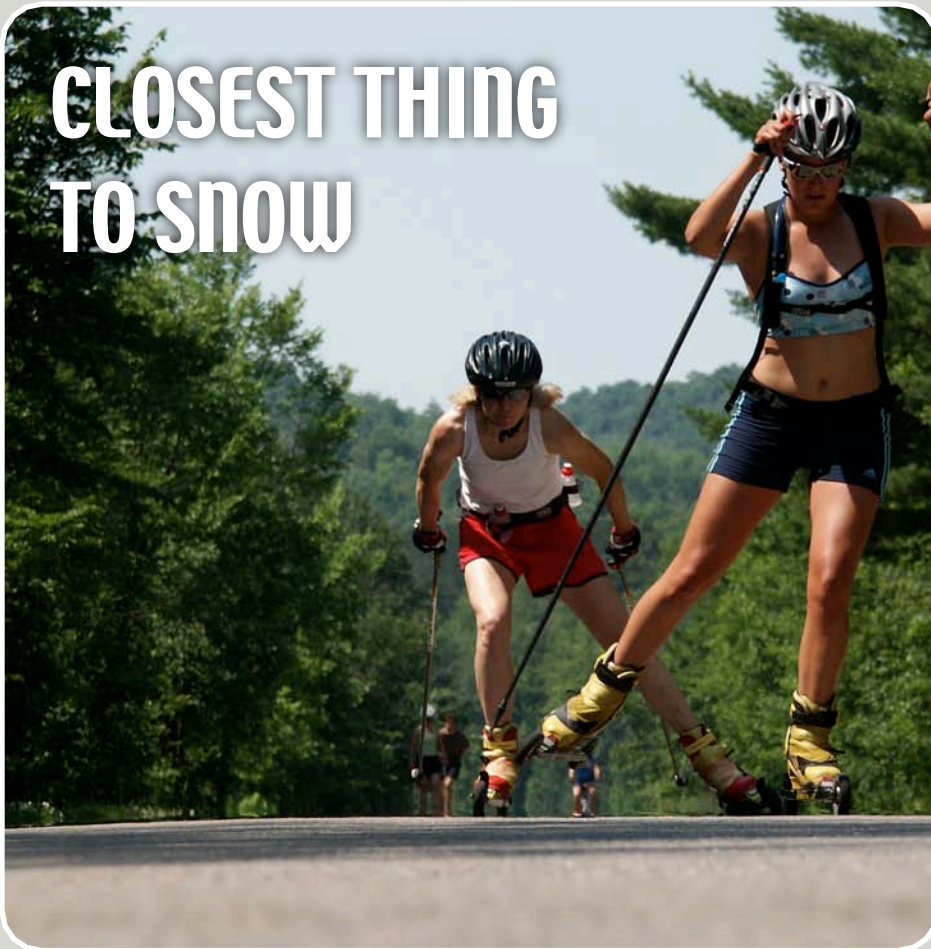


Cross Training for
Nordic Skiing

Athletic training is the frequent, and repetitive series of actions directed towards achieving certain movements. The motor-skills are a coordinated system of conditioned reflex connections between the sensory organs, central nervous system, muscular apparatus and internal organs. These connections are not formed immediately, but must be developed deliberately. Although it is helpful for athletes and coaches to understand the underlying concepts, much of the motor learning is best acquired through other means such as imitation.

Have you done your homework? www.xczone.com/nspexam.htm

CLOSEST THING TO SNOW



Roller Skiing is Cool

Roller Skiing is an absolute total-body workout for the summer. You will be exceptionally well-conditioned come winter. All classic, skating and downhill techniques can both be performed on roller skis.

Tues, Thurs, Sat, Sun



It's time to tune up the body with specific ski training...

Now let's discuss more about DRY LAND training requirements.

For half the year, nordic skiers will have to train for skiing without snow. It is possible to prepare yourself technically, mentally and physically for skiing by training wisely in the off-season.

Most classic and skate skiing techniques can be practiced using roller-skis and varied terrain. Attention should be given to adhering to proper form, timing and adaptation to the terrain. Athletes should be aware of, and avoid, the idiosyncrasies of roller-skis, and especially roller blades.

Ski-Walking simulates either the diagonal stride or offset techniques. The trick is to respect proper skiing form and avoid just walking with poles.

Ski-Striding emphasizes a more flowing and dynamic motion than ski walking but still smooth and best performed on flat or moderate terrain.

Ski-Bounding and Plyometrics can be used with all techniques. The athlete initiates one cycle of given technique as explosively as possible. The emphasis is both traveling forward (not up in the air) and maintaining school technique. You can simulate quick telemark hop turns on the way back down the hill for added plyometric exercise and skills development.

Let's get specific with dryland

DRY-LAND	SPECIFICS	PRIMARY	SECONDARY	SUPPORT
	You are what you do. As a rule, an athlete needs to exercise within their sport, or simulate the activity using the most specific training modes available.	For a cross-country skier the primary in-season mode of exercise is skiing in all its incarnations: classic, ski skating, backcountry, telemark, and alpine skiing.	The secondary in-season training modes for a Nordic skier consist of snowshoeing, some free-skiing or nordix.	Necessary support activities in-season are: running, core-strength workouts, and range of motion exercises.