

October 2007

NIGHTRIDERS

MASTERS & SENIORS NORDIC SKI TEAM

NEWS LETTER

www.nightriders.cc
Since 1920 and
recently revived.



Dryland training at
Camp Fortune Ski Hill

TUNE MORE THAN JUST YOUR SKIS...

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.

Thoughts turn to skiing and snow-shoeing, after the fall colours have long since faded, and the first cold winds have descended over the ground... but that is leaving it a bit late to think of getting in shape.

Do you want to have a stellar ski season? Yes? Then, the single most important thing that you can do for yourself is to participate in specialized dry-land training. Even if you are not a skier, this is a great way to stay in shape - injury free.

The ski fitness prescription applies genuine ski-specific exercises and natural fitness qualities to enhance athletic performance. Ski Fitness is all about proper conditioning for skiing

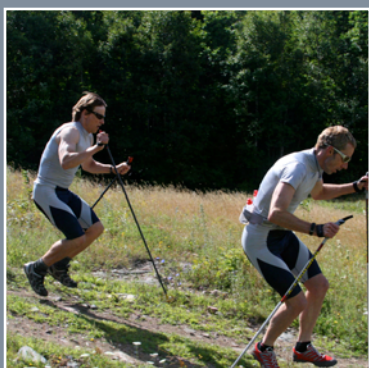
on snow using specialized dry-land exercises. Once snow arrives, skiing itself offers a superior total body fitness experience. Not only will natural ski fitness training fast-track performance, but it will accelerate the transition on to real snow and prevent injuries in the long term. This can start with a few simple exercises and progressions.

For the skiing aficionado, we prescribe a regular dry-land training routine. Specific strength conditioning exercises use: calisthenics, plyometrics, and natural resistance to sculpt a skier's body.



Fall Rhapsody +20 Degrees C
Temperatures soar as the leaves fall. Snow normally falls by mid-november.

NIGHT RIDERS



Dry land Training

Get out those ski poles and roller skis. Any ski specific exercise that you can do right now will pay dividends come winter.

The nightriders were the original ski club in North America...

Over 60 people have expressed interest in joining and 30 have already signed up. Make sure that you have registered on-line.

Hopefully, everyone has had time to watch the 14 hours of Technique and Training DVDs that were supplied. If you like what you see, please tell a friend or post a review :-)

There are also a 350hr and 500hr training program in your package. If you have any questions please feel free to contact us at gravity@xczone.com.

You will see the design for the new race suit and jacket (below) we estimate that the cost will be \$250 for the suit and \$170 for just the jacket.

Reminder that the team is training:

- Tuesday - Rollerskiing 6PM P8
- Wednesday (official) - Ski Striding/Dryland 6PM at Mooneys Bay
- Thursday - RollerSkiing 6PM P8
- Sat - 8AM Rollerskiing P8 and Dryland 10AM (official)
- Sunday - 8AM Rollerskiing P8

The secrets for fitness training can be presented in essential paired-components consisting of:

- Setting goals, planning and commitment;
- Integrating both body and mind;
- Natural fitness that provides endurance, strength, power, speed, agility, flexibility, balance, coordination and skill development;
- Quantity and quality of training hours;
- Regularity and repetition;
- Intensity and recovery which covers: work load, overcompensation, relaxation recuperation, dynamic range, polarized training;
- Periodization involving progression and frequency and systemization;
- Specificity and diversity;
- Being mindful, thus attending to details, big and small.

You will notice that many of these principles are paired together with an opposite, or dual concepts. The secret is how you tune and balance these fundamentals to optimize performance.

