

Racers Practice Document

WEEK 3: 12/15/20-12/20/10

Strength Bingo, a V-1 Workout and try to get on snow

Day 1: Strength Work out: Print out your [MNC BKL Strength BINGO card!](#)

Warm-up: 15 -20 min of Easy Run, bike or ergometer rowing (outside or in).

Play Strength BINGO: You choose how you are going to get BINGO! Pick 5 exercises to do and cross them off as you go so you can get BINGO. If you don't know how to do an exercise, just search for it on you-tube, but I think most of you know how to do these from PE class.

If you are up for more, get double BINGO by doing another five activities!

At the end, drink some water and have a snack with protein (good for your muscle-building!).

Day 2: V-1 Work-out. On snow, on rollerskis or dryland (see below for dryland):

Option 1: ON SNOW or ROLLERSKIS:

Warm-up: 10 min easy ski

10 min Ski without poles

Main Workout: V-1: Easy V-1 for 5 min

V-1 on your "bad" side for 10 min. If your timing gets off, just stop and start again.

One-pole V-1: 5 min. On each side. Pole should be used on the side you are skiing to (higher arm)

V-1 on your "bad" side again (5 min)

6 V-1 uphill surges: if there is a small uphill section, do some quick v-1 surges up that hill. Aim for a surge that takes 5-10 poling motions. If you remember the "quick feet" drill, think about doing that.

Warm-down: easy ski for 15-20 min.

Video to watch for visualization before you go: [USST Skate V-1](#)

Option 2: DRYLAND:

Warm-up: easy jog for 20 minutes.

Skate Specific Hill Bounds: Find a hill that takes you 8-10 strides to go up with a classic ski bound (or mark the spot you reach after 8-10 strides as your finishing spot).

A. Bound Without Poles:

4 Double pole hop bounds- Pretend you have your poles on and double pole hop up the hill

4 V-1 to the Right bounds- Again use your arms as if you had poles

4 V-1 to the Left bounds- Same

These should be at a medium pace. Rest/walk on the way down the hill before starting the next

B. Bound With Poles:

4 V-1 to the Rt. bounds

4 v-1 to the Left bounds

4 Classic bounds

Warm-down jog for 10-15 min.

Video to watch for visualization before you go: [USST Skate V-1](#)

Day 3: The Weekend: Try to get on snow!

This week should be a good week for snowmaking for those places that make it: Sleepy Hollow, Rikert, Craftsbury. If we get fresh snow, check out the conditions at Bolton on the MNC Webpage. Be sure to check out a touring center's webpage before you go. Most are doing on-line pass purchases and some are requiring reservations.

The goal when you first get on snow is to ski easy and think about your technique. Definitely do some no-poles work and you will get your "ski legs" back faster!

BUT if you can't...

Option 2: Running Scavenger Hunt

Go for a 20-35 min run and look for the following:

- ☐ Ice!
- ☐ A snowman-doesn't have to be made out of snow!
- ☐ A patch of snow
- ☐ A pumpkin
- ☐ A chickadee
- ☐ A candle or a Menorah in a window
- ☐ A Santa Claus or an Elf

If you find all these things, have it certified by your parent and then email me- I will send you a prize in the mail!