

TRAKKERS
CROSS COUNTRY SKI CLUB
LOVE WINTER



Get in shape for the XC ski season



Disclaimer

- * This presentation includes general information on exercise.
- * Cross country skiing can be vigorous (high intensity) aerobic exercise and you should have a baseline level of fitness. If you have medical conditions and/ or physical limitations please see your healthcare professional for specific advice.

Consider filling out the *Get Active Questionnaire* to determine if you should check with a physician before becoming **much more physically active.**

<http://www.csep.ca/view.asp?ccid=517>



CSEP | SCPE
THE GOLD STANDARD IN EXERCISE
SCIENCE AND PERSONAL TRAINING

FITT aerobic training guidelines

BUILD AN AEROBIC BASE

F (Frequency)- 3 to 5 times a week

I (Intensity) – Start low-moderate (55-75% of maximum heart rate, rating of perceived exertion 3-5/10) and build up to moderate-vigorous (70-85% maximum heart rate, rating of perceived exertion 6-8/10)

[Heart rate calculator:](#)

<http://www.ottawarun.com/hearttrate.htm>

T (Time) – 20-60 minutes

T (Type) – see following slides

How to monitor intensity



RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

Aerobic training suggestions

- * Hiking
- * Treadmill
- * Elyptical
- * Nordic track (ski machine)
- * Rowing machine
- * Running
- * Trail walking with nordic poles
- * Rollerskiing
- * Swimming
- * Canoeing/ rowing
- * Biking
- * Snowshoeing

FITT resistance training guidelines

BUILD STRENGTH

F (Frequency)- 2 to 3 times a week

I (Intensity) – 1-3 sets, 8-12 repetitions, 60-80% of a weight you can only lift once

T (Time) – 20 minutes

T (Type) – see next slide (for all major muscle groups)

<http://www.acsm.org/public-information/articles/2016/10/07/a-strength-training-program-for-your-home>

<http://www.exrx.net/WeightTraining/Guidelines.html>

Strength training suggestions

Arms	Legs	Core	Balance, agility & coordination
<ul style="list-style-type: none">• Free weights• Tricep dips• Pushups (full, modified or wall pushups)• Bar pull ups• Swing hand weights like poles• Rows	<ul style="list-style-type: none">• Lunges• Lunge walking• Squats• Stairs <p>Add hand weights</p>	<ul style="list-style-type: none">• Abdominal crunches• Planks• Yoga	<ul style="list-style-type: none">• Single leg standing• Heel touch down on step• One legged squat• One legged calf raise• Tai Chi• Balance board• Stability ball

Squats



Lunges



Rows



Planks

