

SK8 SKOOOL

Elite Sports Academy

Off-skate program

This program is an example of general exercises used by some athletes to increase specific muscular endurance, strength and co-ordination in preparation for speed skating competition.

Our suggested training volume is that 'beginners' should choose only 5 of the exercises in one training session. 'Well trained' athletes can do more; our suggestion is 8 – 10 exercises.

The most important factor in training these exercises is that your technique is good. Your body should be controlled, smooth and stable. Your knee should be stable. It should not wobble. Generally speaking in most exercises your bum should be down, knee over your toe and head looking up and forward.



In the beginning, use your arms for balance and to improve your technique. Then as you develop your skills, try to be just as controlled with your arms behind your back (like in skating position), except for the "skate simulation" exercises where you always use your arms.

To make the exercises more difficult, use a weights vest (but only after you have mastered and trained the exercises with correct technique, and have built up enough strength)



The exercises are grouped in to 4 categories;

- Muscular Endurance Exercises (Slow movement)
- Stabilization Exercises (Slow movement)
- Plyometric Exercises (Fast bouncing movement)
- Leg Speed Exercises (Fast explosive movement)

But of course each exercise gives more than 1 effect, and some exercises can be used for other effects, sometimes by just changing the focus of the exercise method. Please consult your doctor and/or coach before attempting any new training regime. Always do a good warm up and stretch routine before undertaking hard or explosive exercises.



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Muscular Endurance Exercises

		<u>Suggested Volume</u>	
		Beginners	Well Trained
1.	Low Walk	2 x 30m	3 x 40m
2.	One Leg Squats	3 x 15	4 x 25
3.	Wall Sit	45 secs	90 secs
4.	Crossover Simulations	2 x 15	3 x 25
5.	Crossover Power Pull	2 x 15	3 x 25
6.	Slideboard	2 x 75	3 x 300
7.	Knee Raises	2 x 20	3 x 30
8.	Skate Simulation Jumps	2 x 20	3 x 40
9.	Rabbit Jumps	2 x 20	3 x 25
10.	Straight Leg Raise	2 x 10	3 x 20

Stabilization Exercises

		<u>Suggested Volume</u>	
		Beginners	Well Trained
11.	BOSU or Ball Squats	2 x 15	3 x 25
12.	Weight Transfer Drill	2 x 20	3 x 30
13.	Stability Squat	2 x 10	3 x 25

Plyometric Exercises

		<u>Suggested Volume</u>	
		Beginners	Well Trained
14.	Skate Simulation + Hop	2 x 15	3 x 30
15.	Star-jumps in Skate Position	2 x 20	3 x 30
16.	Frog Jump	2 x 15	3 x 25
17.	Lunge Jumps	2 x 20	3 x 50
18.	Side Jumps	2 x 15	3 x 20

Leg Speed Exercises

		<u>Suggested Volume</u>	
		Beginners	Well Trained
19.	Squat Vibrations	2 x 15	5 x 15
20.	Single Leg Hops	2 x 15	2 x 20
21.	Explosive Slideboard	3 x 10	5 x 12

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Beginners

Well Trained

1. Low Walk

2 x 30m

3 x 40m



- Bum low as possible ALL the time
- Do NOT rise up between steps
- Look up
- Hold knee stable
- 'Beginners' use arms
- 'Well trained' athletes hold arms behind back

Beginners Well Trained

3 x 15

4 x 25

2. One Leg Squats



- Bum low as possible ALL the time
- Do NOT straighten the leg completely
- Look up
- Hold knee stable

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Beginners Well Trained

45 secs 90 secs

3. Wall Sit



- Just hold the position
- Thighs horizontal
- Back away from the wall a little
- Feet parallel

- For variety, try one leg

Beginners

Well Trained

4. Crossover Simulations

2 x 15

3 x 25



- Simulate the 'push under' with the left foot
- Keep the bum low all the time
- Don't twist the upper body
- Drop the left hip under
- Return the foot, then extend in front and just touch the heel on the floor lightly
- Repeat for the other direction/leg



Beginners Well Trained

2 x 15

3 x 25

5. Crossover Power Pull



- Using cross-over technique, pull your partner with the rope
- Keep the bum low all the time
- Don't twist the upper body
- Partner can resist more and more, until it becomes a power exercise.

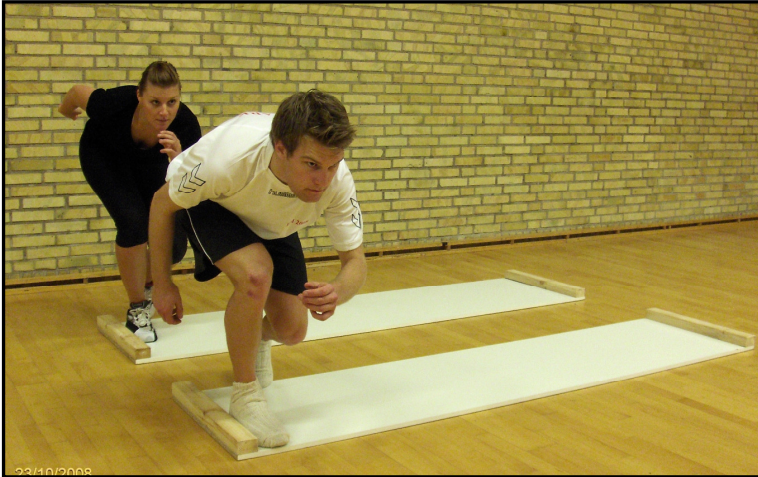


- Repeat for the other direction/leg

Beginners Well Trained

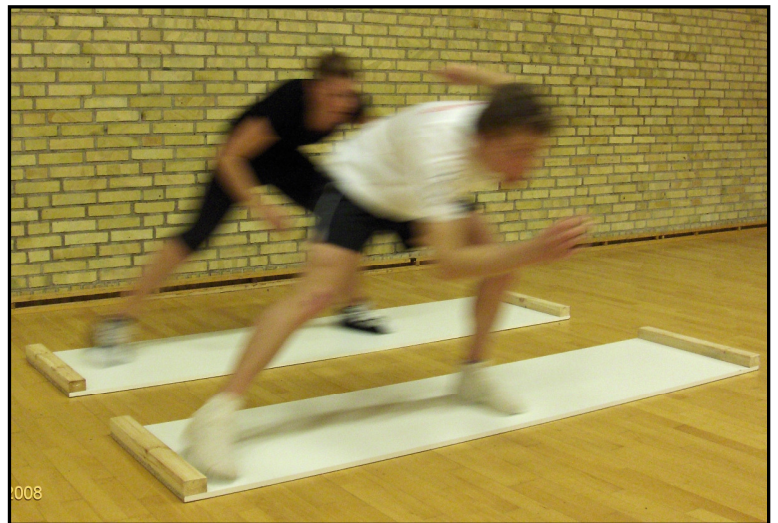
2 x 75 3 x 300

6. Slideboard



- Start in good basic position
- Make a long smooth powerful push
- Glide in a low stable position across the board
- Make a 'circle' with the 'recovery foot'

- Hold the body position for the length of the exercise
- Swing arms for co-ordination practice
- (Occasionally try it with arms behind back for an extra balance challenge)
- Find a rhythm on the board



Beginners Well Trained

2 x 20

3 x 30

7. Knee Raises



- Hold the knee as high as possible for 5 seconds
- Change legs with a small jump
- Never have 2 feet on the floor
- Hold again for 5 seconds



Beginners Well Trained

2 x 20

3 x 40

8. Skate Simulation Jumps



- Start in basic position
- Jump sideways
- Land on the other foot
- Stay low and balanced
- Make a circle with the recovery foot
- Swing arms for co-ordination practice
- Look ahead
- Keep your bum down
- Find rhythm in your jumps

Beginners

Well Trained

2 x 20

3 x 25

9. Rabbit Jumps



- Very small/low squat jumps
- Limit the amount of force on your knees
- Parallel feet and knees



Beginners Well Trained

2 x 10 3 x 20

10. Straight Leg Raises



- Hang with active tension in the arms, chest and abs.
- Curl the stomach, focussing on holding your core tight deep inside around the spine
- Focus on pushing heels out and toes to your nose
- Keep legs straight
- Lift as high as possible



Beginners Well Trained

2 x 15 3 x 25

11. BOSU or Ball Squats



- Be EXTREMELY careful climbing on to the ball
- You must have a “spotter” to safe guard you
- Stand in relaxed position on the ball, or the BOSU board
- Do not lock your knees out straight

- Make a normal Squat exercise slowly
- Look up
- Bum low
- Parallel feet and knees
- Keep your body and the ball stable
- For extra resistance use hand weights or a weights vest



Beginners Well Trained

2 x 20

3 x 30

12. Weight Transfer Drill



- This exercise can be done on the floor, or on wobble cushions, but for best effect it is done on 2 BOSU Boards
- The important part of this exercise is the basic position and the way that you transfer your weight from one side to the other

- SLOW!
- Hold the position and try to lean to the outside for 1-2-3 then slowly move across to the other leg with smooth control
- Knee stable
- Look up
- Bum low
- Parallel feet and knees



Beginners Well Trained

2 x 15 3 x 30

13. Stability Squats



- Place the foot in the centre of the BOSU
- Find the balance point first
- Look straight ahead
- Start with a SLIGHTLY bent knee
- Push the knee forward over your toes
- Drop your bum down over your heel



- Slowly down, a little faster up
- Ensure your knee is slightly further OUT than IN, (over your second or third toe)

Beginners Well Trained

2 x 15 3 x 30

14. Skate Simulation + Hop



- Start in basic position
- Make the same movement as skate simulation exercise no. 8, but when you get over to each side make a jump/hop up on one leg



- Land in basic position on one leg again
- Jump across back to the other side again.
- Hold basic position
- Swing arms for co-ordination practice



- Look ahead
- Keep your bum down
- Find rhythm in your jumps
- Movement pattern:
 Jump left, jump up, jump right, jump up - repeat

Beginners Well Trained

15. Star-jumps in Skate Position

2 x 20

3 x 30



- Start in basic skate position
- Make a small jump, and open your legs
- Keep your knees bent

- Look up
- Bum low
- Parallel feet
- Smooth controlled movement with arms
- Stable upper body



Beginners Well Trained

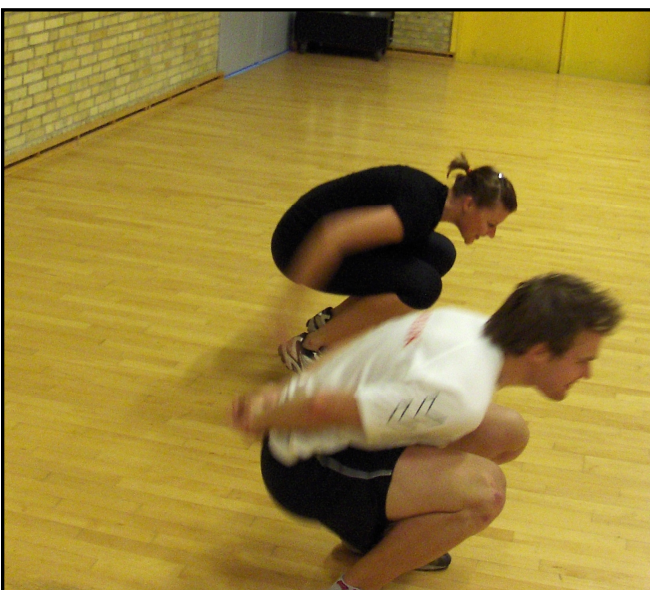
2 x 15

3 x 25

16. Frog Jump



- High powerful squat jumps
- Limit the amount of force on your knees by controlling the landing
- Parallel feet and knees
- Look up, bum down
- Don't use this exercise too often, it can possible hurt your knees



Beginners Well Trained

2 x 20

3 x 50

17. Lunge Jumps



- Bum low as possible ALL the time
- Jump up and switch legs in the air
- Look up
- Hold knee stable, over toe
- 'Beginners' use arms



- Can also be performed on BOSU Boards



Beginners

Well Trained

2 x 15

3 x 20

18. Side Jumps



- Jump over the bench sideways
- Use arms
- Spend as little time on the floor as possible
- Bounce
- Look up

Beginners Well Trained

2 x 15

5 x 15

19. Squat Vibrations



- Stand in Squat position
- Make super-fast vibrations with your legs up and down
- Upper body and head stay still
- Only the legs move
- Like micro squat jumps without moving the body

- Can also be made on the floor or on a mini-trampoline (picture right)
- This is very good for developing speed in the muscles, e.g. for Starts and sprints



Beginners

Well Trained

20. Single Leg Hops

2 x 15

2 x 20

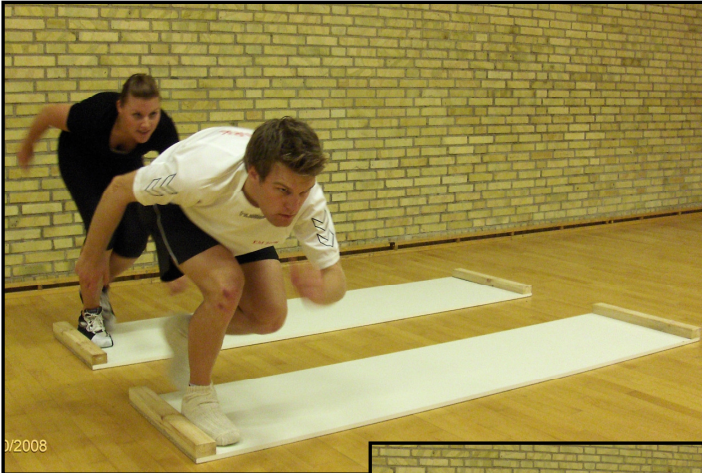


- Start on one foot
- Jump (hop) on that same leg the whole time
- The other foot does not touch the floor
- Use arms for power and balance
- Spend as short time as possible on the floor

Beginners Well Trained

3 x 10 5 x 12

21. Explosive Slideboard



- This exercise is only for experts who already have perfected technique on the Slideboard
- Start in good basic position
- Make a sprint on the slideboard
- 10 fast explosive reps



- Slide in a low stable position across the board, but fast!
- Make a 'circle' with the 'recovery foot'
- Hold technique
- Hold the body position stable even while sprinting
- Swing arms powerfully

