

Intermediate +
Location: Izaak Walton Inn, Essex
Time: Wednesdays 10:45-11:45 am

Class Goals:

Cindy - BP without having to think about it. Being in the sweet spot all the time.
 Mary – Looking for breakthrough
 Kelly – Efficiency and Power
 Rita – Balance V2 and V2A
 Ursula – Efficiency and speed

Date	Clinic #	Technique
January 15	Clinic 1	Focus: Goals; V1 Body Position 1. V1 Body Position 2. No Pole Skiing up hills 3. V2 Balance Drills
January 22	Clinic 2	Focus: V2 Body Position; Descending 1. V2 Body Position/Timing 2. V2 Speed Work (10 sec drills)/Timed relay lower Essex Road 3. Descending; Stem Turns; Step Turns
January 29	Clinic 3	Focus: V1 Climbing; Strength 1. V1 BP review 2. V1 Strength Workout 3. V1 Speed Drill (10 sec drills)/Timed relay
February 5	Clinic 4	Focus: Review; Transitions Video/Video Review
February 12	No Class	Long Distance Training. Classic or Skate. Meet in WF/Location to be announced.
February 19	Clinic 5	Focus: V2 Alternate 1. V2A Body Position/Timing 2. V2A Speed Work (10 sec drills)/Timed relay lower Essex Road 3. Descending; Stem Turns; Parallel turns
February 26	No Class	Long Distance Training. Classic or Skate. Meet in WF/Location to be announced.
March 5	No Class	
March 8	Rendezvous Ski Race	