

Warm Up

To be done EVERY SESSION

Perimeter Stroking

Option 1

2 forward and 2 backward Russian

Hold 10 second landing position

Option 2

X & O- Crossovers on the O and straight pushes on the X

1 forwards pattern and 1 backwards patters

Hold 10 second landing position

Four Lane Highway

Lane One	Lane Two	Lane Three	Lane 4
Running- using full blade	Running crosscuts- switch at red line	Deep knee bend sculling- forward	Sculling with jumps- backwards
Power pushes- using full blade	Fwd 2 ft skiing	Fwd 2 ft skiing with jumps	Fwd 1 ft skiing- switch at red line
Lunges with body twists	Bwd 2 ft skiing	Bwd 2 ft skiing with jumps	Bwd 1 ft skiing- switch at red line
Outside edges- long and deep, cross rolls	Inside edges- long and deep, tuck leg	Outside edges- quick and shallow, cross behind	Inside edges- quick and shallow, free foot in front