

Adult XC Skiing Training Programs with Go! Training September 5th – November 8th, 2006

From Beginner to Advanced Levels

All Programs run by Coach Piotr Bednarski and Go! Training Staff

Fall Ski Training Lecture- Tuesday, September 12th, 7pm “Fall Training for XC Skiers”

This presentation will be geared to adults skiers, and will include rollerski and non rollerski training methods and routines. The talk will focus on how to set up a training week, as well touching on some basic rollerski technique issues. St Louis Park Rec Center, Gallery Room, 700 Monterey Drive, St Louis Park, 952/925-2540, admission is \$10. Please reserve a seat by RSVP- gotrainingus@aol.com.

Strength, Bounding and Ski Walking- Tuesday PM

Tuesdays, 4pm-6pm, Hyland Hills Alpine Area.

Core and ski specific strength, followed by ski walking, bounding, or running intervals.

This is a very tough training day- focus will be to improve explosive power, lactate threshold, climbing performance. Cost is \$200, begins Sept 5th through Nov 7th. Cost for Tuesday PM and Thursday AM workouts combined- \$410.

Adult Dryland Training and Technique (non rollerski)- Wednesday AM

Wednesday, 9:30am-11am. Hyland Hills Alpine Area. Women's only groups- beginner to intermediate skiing abilities. Sessions will include some core strength, dryland technique instruction and ski walking or bounding intervals. Cost is \$225, begins Sept 6th and runs through Nov 7th. Minimum class size 8.

Ski Technique Instruction - Rollerski and Dryland- Wednesday PM

Wednesdays, 5pm-6:30pm, Hyland Park Nordic Chalet, Bloomington

Technique will be the focus with dryland drills, rollerskiing, and video analysis. Most sessions will have a physical training component as well.

Minimum class size 8, cost is \$325, begins Sept 6th and through Nov 8th.

Rollerski Specific Strength and Interval Training- Thursday AM

Thursdays, 7am-8:45am, W. River Road under the Franklin Bridge.

Rollerski intervals with some instruction and video. This is for intermediate to advanced skiers- must have some experience on rollerskis. One lactate profile is included at no additional cost (normally \$90). Both classic and skate techniques. Minimum class size 8, cost is \$285, begins Sept 7th, runs through Nov 9th. Cost for Tuesday and Thursday workouts combined- \$410.

College and High School Training- 3pm, weekdays

Technique and training weekdays at 3pm. Call Piotr at 952/924-0381

Please contact Piotr Bednarski at 952/924-0381, gotrainingus@aol.com for additional information

Registration form below:

Go! Training

Personal Endurance Training
with Piotr Bednarski

Name: _____

Address: _____

Phone and email: _____

Today's Date: _____

SERVICES AND PAYMENT AGREEMENT

I will receive the Go! Training packages and/or services listed below at the rates stated below.

<u>Service</u>	<u>Amount</u>	<u>Start Date</u>
Dryland Ski Training- Wed AM at Hyland Hills	\$225	
Strength and Bounding – Tuesday PM at Hyland Hills	\$200	
Ski Technique Instruction- Wednesdays PM at Hyland Nordic	\$325	
Rollerski Specific Strength- Thursdays AM at River Rd.	\$285	
Tuesday PM and Thursday AM workouts	\$410	

Mail form and payment to: GO! Training, 5032 28th St, St Louis Park, MN 55416

WAIVER AND RELEASE OF LIABILITY

Identification of Risk. I, _____, know that physical training for cross country skiing, running, biking, general fitness or strength involves risk of injury or property damage, which includes serious injury, including permanent disability and death. I understand that these injuries might result not only from my actions, but the actions, inactions, or negligence of others.

Assumption of Risk. I agree that I am responsible for my health and safety while training for and participating in cross country skiing, running, biking, general fitness and strength training, including any other sports or exercises I may participate in to further my training. I assume all risks, both known and unknown, connected with my participation. I understand that any physical training program should only be undertaken after a full examination by, and receipt of permission from, my doctor.

Waiver. Being aware of the risks and willing to assume them, I waive, release, and hold Go!Training, Piotr Bednarski, and owners/lessors of used premises from all claims for liability, injury, loss, wrongful death or property damage connected with my training plan and program and the exercises and sports that I undertake in order to further my training. I intend for this waiver and release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns.

Insurance. I currently have, and agree to maintain throughout the time I participate, sufficient medical and accident insurance. I understand that this is my responsibility and release any one else from providing it for me.

I have read this agreement and waiver carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.

Date

Participant's signature

For participants under age 18:

I consent to the above person's participation in training for cross country skiing, running, biking or general fitness and strength. I acknowledge that I assume all risks, known and unknown, and waive all claims in advance.

Date

Parent/guardian's signature