

# **Go! Training Adult XC Ski Training Programs**

**December 2009-February 2010**

## **BEGINNING RACERS, Monday Mornings**

**Monday Mornings, 9:30am-10:45am, Theodore Wirth Main Chalet.**

Skate Technique. This is a training group for those that have reasonably good physical fitness and are interested in racing, but really need to work on technique. We will do lots of technique drills, and will incorporate a workout into each session. Sessions will be run by Piotr Bednarski and other Go! Training staff. We will meet inside the chalet to go over some video before heading out for the workout. Skill Level: Beginner- Intermediate with moderate to high physical fitness. Mondays- 9:30am-10:45am. We will meet at the Theodore Wirth Chalet. 10 sessions. Sessions runs Dec 7-Feb 15. No training on Dec 29. \$290

## **HILL TECHNIQUE and TRAINING**

**Tuesday Mornings, Hyland Hills Alpine Area, 7am-8:30am,** Skate technique only. We will start technique video viewing at 7:00-7:15am in the chalet, and then we'll head outside for warm up and the workout of the day. This is an intermediate- advanced level class. We will focus upperbody power, climbing, and downhill/cornering skills. Begins Dec 8th and ends Feb 16. No training on Dec 22nd. 10 sessions. \$290

## **WAVE 1 TRAINING GROUP:**

**Tuesday Evening, 6:30-8:00pm, Elm Creek.**

Classic and Skate Technique. This is a training group for those that race regularly and are looking for a structured training group. Ability levels Wave 2-Elite Wave. All sessions will begin with video viewing in the Chalet, 6:30-6:40pm, and description of the workout. Workouts will generally include intervals, but also ski skills such as slaloms, and games on skis. Group workouts will have a technique and training focus, and will be geared to performance in 25-50km races. Begins Dec 8 and ends Feb 16. No training on Dec 22nd. 10 sessions. \$290

## **BEGINNING RACERS, Wednesday Evenings**

**Wednesday Evenings, 6:30pm-8:00pm, Theodore Wirth Main Chalet**

Very similar level and format as Beginning Racers for Monday Night. Meet inside at the Theodore Wirth Chalet for technique review, and then head out for training. Primary instructor will Jacob Beste with assistance from Piotr Bednarski and other Go!Training Staff. Skate technique only. Session will run Dec 9-Feb 17. No training on Dec 23. 10 sessions, \$290.

## **INTERVALS with TECHNIQUE FOCUS**

**Thursday Mornings: Elm Creek, 8am-9:45am.** Skate and Classic Technique. Intermediate-Advanced skiers. We will meet at the Theodore Wirth Chalet at 8am. Each workout will include technique drills followed by an interval or distance workout. The workout will vary depending on the weekend race schedule. This session will have more time devoted to technique and video review than the other sessions. We will do at least 50% classic technique. Note: Sessions run Dec 10 thru Feb 18. No training on Dec 24<sup>th</sup>. Note: Theodore Wirth has made significant improvement in snow making this year. Nevertheless, if conditions are not satisfactory we will move session to Elm Creek.

**Minimum Class Size:** Classes must reach a minimum class size of 10 or they will be cancelled.

**Trail Passes-** Three Rivers XC Ski Pass required for sessions at Elm Creek and Hyland Hills Alpine Area. Minneapolis Parks XC Ski Pass required for sessions at Theodore Wirth. Ski passes are NOT included in your fee. Please purchase your pass before training begins.

Contact Info: Piotr Bednarski, 952/237-0765 cell, [gotrainingus@aol.com](mailto:gotrainingus@aol.com)

## Go! Training Winter 2009-2010- Registration Form

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
Male/Female \_\_\_\_\_ Ability Level: Beginner/Intermediate/Advanced  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Emergency contact name and phone \_\_\_\_\_

email (required) \_\_\_\_\_  
allergies, medical conditions we should know about \_\_\_\_\_

### Cost for winter training session:

Monday AM	\$290	
Tuesday AM	\$290	
Tuesday PM	\$290	
Wednesday PM	\$290	
Thursday AM	\$360	
Tuesday AM/PM & Thursday AM	\$450	Amount Enclosed: _____

### Make checks payable to:

**Go! Training**  
4845 Emerson Ave S.  
Minneapolis, MN 55419

### 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.**

\_\_\_\_\_  
Participant's signature

\_\_\_\_\_  
Date