

# **Adult XC Ski Training Program**

## **With Go! Training**

### **Fall 2010**

**Join Piotr Bednarski and Sara Morse for challenging strength, interval and technique sessions this fall! Training is based on your ability, but you will have the opportunity to train with many talented cross country skiers.**

#### **Beginner/Intermediate: Rollerski Technique and Intervals:**

Monday evenings, Sept 13-Oct 27. Hyland XC Chalet parking, 5pm-6:30pm. This is a rollerski group for those that are just starting out rollerskiing and are interested in improving their technique, fitness, and racing performance. Relatively good aerobic and general fitness is required. Sessions will focus on balance and technique drills, though most sessions will also include an intensity or specific strength component. Video analysis also included at some training sessions. You will need your own rollerski, boots, poles, helmet. Cost for session, \$220.

#### **Advanced/Hard Core: Core Strength, Bounding and Hill**

**Running-** Tuesday Afternoons, Sept 7<sup>th</sup> – Nov 16<sup>th</sup> · Session run 3:45-6:00pm at Hyland Hills Alpine Area in Bloomington. These strength sessions will start with 30 min of strength and balance exercises. We use medicine balls, body weight, and some weighted exercises. After strength we will move to a combination of hill bounding, ski walking, and hill running intervals. Training is based on your ability, but you still get to train in a great group environment. You need to bring HR monitor, running shoes, bounding poles (classic length or slightly shorter), and water bottle. These will be difficult training sessions. Cost for Hyland sessions only, \$260.

#### **Intermediate/Advanced- Rollerski Intervals and Technique**

**Sessions-** Thursday mornings, Sept 9<sup>th</sup>-Nov 11<sup>th</sup>, 7am-8:30am. West River Rd, bottom of Franklin Bridge Hill. Skate and Classic Techniques, but you can choose just to do one technique if you want. These sessions will focus on specific strength and technique. Rollerskis, poles, Heart Rate monitor and helmet required. Lactate profile included. Intermediate to advanced level. Cost for W. River Rd Session only, \$310. We will use hilly terrain- you must be comfortable skiing at speed on your rollerskis.\*\*note, there is a afternoon option for very advanced skiers only, 3pm in Edina, Braemar Golf Course. Inquire with Piotr. Limited numbers\*\*

**Price for both Tuesday (Hyland) and Thursday (River Rd) Session: \$410**

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

Sara Morse, [saramorse51@comcast.net](mailto:saramorse51@comcast.net)

# Fall 2010 XC Ski Training with Go! Training

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_

Email (REQUIRED) \_\_\_\_\_

Emergency Contact with phone \_\_\_\_\_

Health issues that could affect your training \_\_\_\_\_

\_\_\_\_\_

Cost: Beg/Int Rollerski Tech/Training- Mon PM \$220  
Strength/Bounding- Tuesdays PM \$260  
Int/Adv Interval Roller- Thursdays AM \$310  
Both Tuesday and Thursday workout \$410

## PAYMENT INSTRUCTIONS:

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

Please make checks out to:

## WAIVER AND RELEASE OF LIABILITY

**Identification of Risk.** I, \_\_\_\_\_, know that physical training for cross country skiing, running, biking, general fitness and strength involves risk of injury or property damage, which includes serious injury, including permanent disability and death. I understand that the 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 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 exercise 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

