

Adult XC Ski Training Program With Go! Training Fall 2011

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:

Wednesday evenings, Sept 7-Oct 26. Parade Hockey Arena (near the Walker Art Museum), 5pm-6:30pm. This is a rollerski group for those that are relatively new to rollerskiing and are interested in improving their technique, fitness, and racing performance. Some rollerski experience is required. 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. You will need your own rollerski, boots, poles, helmet. Sessions run by Sara Morse and Go Training staff. Cost for session, \$230.

Advanced/Hard Core: Core Strength, Bounding and Hill

Running- Tuesday Afternoons, Sept 6th – Nov 15th · 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 Hills sessions, \$230.

Intermediate/Advanced- Rollerski Intervals and Technique

Sessions- Thursday mornings, Sept 8th-Nov 10th, 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, threshold intervals, and technique. Rollerskis, poles, Heart Rate monitor and helmet required. Lactate profile included. Intermediate to advanced level. Cost for W. River Rd Session, \$310. We will use hilly terrain- you must be comfortable skiing at speed on your rollerskis!

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

Contact info: Piotr Bednarski 952/237-0765 cell gotrainingus@aol.com

Fall 2011 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	\$230
Strength/Bounding- Tuesdays PM	\$230
Int/Adv Interval Roller- Thursdays AM	\$310
Both Tuesday and Thursday workout	\$410

PAYMENT INSTRUCTIONS:

Piotr Bednarski

Go Training

Please make checks out to:

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 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 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

