

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

**December 2011-February 2012**

## **BEGINNING RACERS, Monday Mornings**

**Monday Mornings, 10:00am-11:30am, Theodore Wirth Main Chalet.**

Skate Technique. This is a training group for those that have good physical fitness and are interested in racing, but really need to work on technique and ski specific fitness/strength. We will do lots of technique drills, and will incorporate a SUBSTANTIAL workout into each session. Coaches will be Piotr Bednarski, Sara Morse with guest coaches. 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- 10:00-11:30am. We will meet at the Theodore Wirth Chalet. 10 sessions. Sessions runs Dec 5-Feb 13th. No training on Dec 26. \$290

## **WAVE 1 TRAINING GROUP:**

**Tuesday Evening, 6:30-8:00pm, Theodore Wirth Park**

Classic and Skate Technique. This is a training group for those that race regularly and are looking for a structured training group. Ability levels Elite wave- Wave 2. All sessions will begin with technique focus of the day 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 be primarily focused on training, and will be geared to performance in 25-50km races. Note: there will be no video taping in the Wave 1 Training Group. Begins Dec 6 and ends Feb 14th. No training on Dec 27th. 10 sessions. All sessions will be held at Theodore Wirth unless snow conditions require a change of location (Elm Creek would be the most likely back up site). \$270

## **HILL Training and Technique**

**Wednesday Mornings, Hyland Hills Alpine Area, 7am-8:30am, Skate technique only.** We will go over the technique focus of the day 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 training group. We will focus upperbody power, climbing, and downhill/cornering skills. We will cover some aspect of technique in each session, but the focus will be on training. Coaches Piotr Bednarski and Jacob Beste. Begins Dec 7th and ends Feb 15th. No training on Jan 18. 10 sessions. \$290. \*\*note, new for this year, WEDNESDAY morning.\*\*

## **Classic Technique Focus**

**Thursday Mornings: Theodore Wirth, 8am-9:30am.** Classic Technique Focus with a few skate sessions. Intermediate-Advanced skiers. We will meet at the Theodore Wirth Chalet at 8am. Coaches are Sara Morse, Piotr Bednarski and guest coaches. Each workout will include technique drills followed by an interval or distance workout. Approximately 80 % of the workouts will be classic. The workout will vary depending on the weekend race schedule. Note: Sessions run Dec 8 thru Feb 16. No training on Feb 2nd. Note: Theodore Wirth will be meeting site- if snow conditions are poor at Wirth we may move to another venue for a few sessions, mostly likely Elm Creek. \$290

**Minimum Class Size:** Classes must reach a minimum class size of 8 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.

**Registration:** Please fill out the registration form and check, and mail it in the old fashion way. Please send an email Piotr at [gotrainingus@aol.com](mailto:gotrainingus@aol.com) if you plan on registering so your spot can be reserved.

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

## Go! Training Winter 2010-2011- 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 PM	\$270	
Wednesday AM	\$290	
Thursday AM	\$290	
Any two sessions	\$460	Amount Enclosed: _____

### Make checks payable to:

**Piotr Bednarski**  
**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

