

## **XC Ski Training with Nikolai Anikin from October 2011-March 2012.**



Nikolai Anikin has experience working with skiers of all levels of ability and ages to improve ski technique and fitness. Whether your goal is to improve or simply to finish, Nikolai has helped many to work toward their goals.

In the fall we will work on ski specific drills and exercises designed to mimic winter ski conditions. Once the snow flies we will work on more specific aspects of XC skiing including skate and classic techniques used on the uphill and flats as well as a little downhill work. Most workouts begin with an easier 15-30min warmup followed by 30-45min of ski specific instruction and ending with a 15-30min cool down to practice what you've learned. We will alternate skate and classic sessions in the fall and throughout the winter.

If you are interested in improving your ski technique and fitness while exercising with other skiers then come join us for one free lesson and if you'd like, stay for the winter.

There are two separate group options. We meet from 6-8 pm.  
The Tuesday Night Group meets at Lester Park in Duluth.  
The Thursday Night Group meets at Pine Valley in Cloquet.

Cost for either 6 month program is \$300 or \$25/lesson.

Please contact Nikolai with questions at [nikolai248@yahoo.com](mailto:nikolai248@yahoo.com) or c218 251 4149 and w218 728 4466.

Hope to see you on the Trails.