

LOPPET NORDIC RACING

FAST SKIING IN THE MINNEAPOLIS AREA



Register Now for Adults LNR Winter Training Groups!

Contact Chris Harvey (harvey@loppet.org) with questions. See below for complete list of Winter Adult LNR training groups with links to detailed program info. Loppet Nordic Racing for adults is designed for anyone 20 years of age and older who is interested in **RACING**. Programs range from beginner level through masters skiing to high level training with video analysis and lactate testing. LNR Adult training groups are designed to prepare adult athletes for winter race events.

If you are not interested in racing but are looking for instruction and a recreational ski group experience, we recommend you look into joining the [Loppet Ski Club](#).



LNR ADULTS

Three-Week Skill Clinics

- [Beginning Skate Skiing](#) – Learning to V1, No Pole, V2 Alt
- [Beginning Classic Skiing](#) – Intro to Double Pole, Striding
- [Intermediate Skate Skiing](#) – Mastering V2, Weight Shift
- [Intermediate Classic Skiing](#) – Double Pole Kick, Herringbone, Kick Waxing

Beginner Training Programs

- [Gung-Ho Beginners Skate](#) – Wirth, Monday Evenings
- [Gung-Ho Beginners Classic](#) – Wirth, Wednesday Mornings
- [Beginner/Intermediate Racing Skate](#) – Hyland, Friday Mornings
- [Beginner to Intermediate Skate](#) – Wirth, Tuesday Evenings

Intermediate Training Programs

- [Intermediate Skate](#) – Hyland, Monday Mornings
- [Intermediate Skate](#) – Hyland, Wednesday Mornings
- [Intermediate Skate](#) – Wirth, Wednesday Evenings
- [Intermediate Skate](#) – Wirth, Thursday Evenings
- [Intermediate Classic](#) – Hyland, Wednesday Evenings
- [Intermediate/Advanced Classic](#) – Wirth, Thursday Mornings
- [Women's Wednesday Warriors: Intermediate/Advanced Skate and Classic](#) – Wirth, Wednesday Mornings
- [Intermediate Skate & Classic](#) – Wirth, Early Tuesday Mornings

Advanced Training Groups

- [Men's Wave 1 \(Advanced Skate\)](#) – Wirth, Tuesday Evenings
- [Women's Advanced Skate](#) – Hyland, Monday Evenings

Studio Classes

- [Winter Strength for Endurance Athletes](#)