

This past month a few midwesterners and I attended the National Elite Group training camp in Park City, Utah. It was a week packed full of roller skiing, running, and strength. Training with the top junior athletes from across the country was a great experience to learn from other skiers. The first few days of camp started out relatively easy. With many athletes living at lower elevation, it is important to not push yourself too hard when you first arrive at altitude. We went on a few easy skis and runs, with a few sprints built in to keep it interesting of course. With US Nationals at Soldier Hollow this winter, this camp was a perfect time to get used to training at altitude and to learn how to react to it.

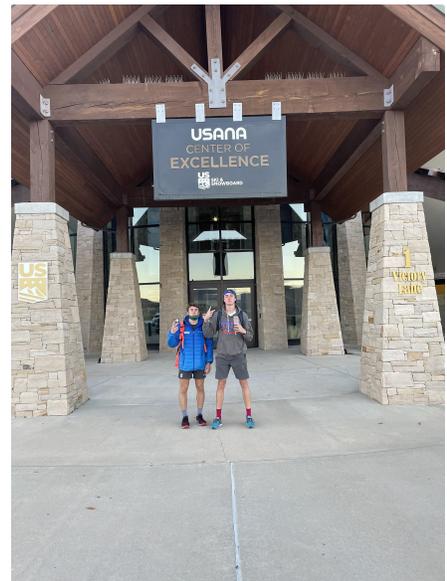


We had some interesting weather one day. After waking up to multiple inches of snow on the ground, we had to be flexible and change our plans. This meant classic roller skiing for a few hours in the freezing snow and rain.

One of the coolest things about camp was being able to join the US National Team for a few workouts. We had a Skate Sprint simulation, where we got to test our abilities against some of the best skiers in the world.



We had a lot of independence with our training. We were given options to do extra workouts, but to listen to our bodies to make sure our training would benefit us the most. We were able to use the US Ski Team Center of Excellence for our own strength training (and a bit of basketball). Ski racing isn't just physical, but also mental, so we were lucky enough to attend presentations at the COE on how to mentally prepare for races.



The last day of camp we did an over distance skate ski at a private ranch outside of Park City. After a grueling 45 minute climb, we reached the upper loop where we could enjoy the amazing views of the Utah mountain landscape. It was one of the most beautiful places I have ever roller skied.

After a solid week of training, we wrapped up camp and headed home. This camp would not have been possible without the US Ski Team and the support from the National Nordic Foundation. NNF supports the development of Nordic athletes in the US, all the way from U16 camps to first world cups. None of the international success we see from US athletes would have been possible without the support from the National Nordic Foundation throughout the years. In just a few weeks NNF is holding the “Double the Drive for 25” fundraising event. (check it out here: <http://www.nationalnordicfoundation.org/drive-for-25/>) I encourage everyone to think about donating, all funds going to support US skiing development. I know I’m not the only one excited about getting back on skis, and racing each other again. I can’t wait for the snow to fall and the skis to come out, and I hope to see you out on the trails this year!

