

NORDIC WORKOUT



Intervals are key to Nordic skiing because they simulate racing at high heart rates on the flats and uphill and active recovery on the downhill. A cross-country ski race is a series of hard intervals with intermittent brief recoveries. This workout simulates this and other sports that require this type of cardio conditioning. You can do this workout on most cardio machines, especially indoor cross-country ski machines. Outdoors, use a loop course that will take about five minutes to complete. It should be reasonably flat, well groomed, and free of heavy recreational ski traffic.

MHR is sport specific, so if possible, use your skiing MHR to set your zones.

Instructions

This workout is a set of 5 to 10 loops with a three-minute recovery between loops. Warm up with one or two loops in zone 2 (60 to 70 percent of MHR). For the next several loops, ski at the top of zone 3 (80 percent of MHR). Ski the last several loops at the midpoint of zone 4 (85 percent of MHR). Include three minutes of recovery between loops. Cool down by skiing one loop at the floor of zone 2 (60 percent of MHR). Time yourself during this workout and keep track of your data in your Heart Zones Education Log.

Don't sacrifice technique to achieve peak heart rates. If your technique begins to suffer, lower your training intensity and work on longer intervals with more emphasis on technique than speed.