



WPCC SUMMER & FALL Rollerskiing Series

SUMMER: Monday Rollerski Series (June, July, August)

- **Session Time Options:** 1:00 - 3:00 PM 4:00 - 6:00 PM
- **Locations:** TBA each week.
- **Equipment Needed:** bike helmet, ski poles, ski boots, gloves, waterbelt, & bright clothing.
- **Equipment Recommendations:** sunglasses and heart rate monitor.
- **Requirements:** Open to athletes of all ages and abilities.
- **Notes:**
 - A limited number of rollerskis will be available for athletes that do not have equipment.
 - All athletes who register for the Monday Rollerski Series will receive rollerski gloves and rollerski tips for their poles.

June 7, 2021

Introduction to SKATE Rollerskiing

June 21, 2021

Introduction to CLASSIC Rollerskiing

July 12, 2021

SKATE Rollerskiing Technique Progression

July 26, 2021

CLASSIC Rollerskiing Technique Progression

August 2, 2021

SKATE Rollerskiing: Agility, Balance, and Speed

August 16, 2021

CLASSIC Rollerskiing: Agility, Balance, and Speed

- While each session will have a technique focus; athletes with only one style of rollerskis can practice both Classic and Skate techniques.

FALL: Monday Rollerski Series (September, October, November)

- 6 Rollerski Sessions
- Classic & Skate Skiing Technique
- Possible early ON-Snow Skiing
- TIMES: TBA
- DATES: TBA
- LOCATION: TBA

Why rollerski? Rollerskiing originated as a training method for cross-country ski athletes and enthusiasts to imitate the sport's techniques, and get ready for the winter season. Rollerskis are similar to snow skis, but have a shorter frame and have one wheel on each end. They use conventional cross-country ski bindings which connect the same ski boots that you would use on snow, creating the perfect 'ski-feel' to prepare you for winter. Rollerski poles are similar to Nordic skiing, except for the tips, which are hardened steel for use on asphalt roads.

The saying "skiers are made in the summer" is absolutely true, because winters aren't long enough to get all the workout time needed to build a solid base for an endurance sport like cross country skiing. Rollerskiing is an important part of a well-rounded summer program; rollerskiing imitates on-snow training. Like skiing on snow, rollerskiing exercises arms, legs, core, and improves cardiovascular fitness. Along with rollerskiing, athletes need strength training and running/pole hiking, to build their base and develop ski technique.

The WPCC Nordic Program recently purchased rollerskis, and is offering the rollerskis for purchase to interested athletes at the team discount. Both models of rollerskis, Hjul and Swenor, are high-quality and well-tested by worldcup athletes. The Swenor Junior Rollerskis are designed for athletes under 100 pounds. If you are only interested in one pair, it would be best to purchase skate rollerskis.

If you do not have rollerskis, WPCC will have a limited amount of rollerskis available for you to use during Monday Rollerski Series scheduled dates. If you own your rollerskis, you will ski and train more throughout the summer and fall. The WPCC FALL TRAINING SERIES (September, October, November) will include similar Nordic activities based on the training progressions and goals of each athlete. Rollerski training plans will be provided with each scheduled rollerski session.

FOR MORE INFORMATION: **Bruce Manske, WPCC Nordic Program Director**
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