

Vallensbæk Roadtrack (400m per lap)

Warm up

10Km (25 laps)

1 lap fast pace (NOT sprint), 1 lap slow paeline.
Hold good body position whole time.

3 x 500m Flying start (1.25 laps)

3 x 1500m Flying start (3.75 laps)

10Km (25 laps)

1 lap fast pace (NOT sprint), 1 lap slow paeline.
Hold good body position whole time.

5 starts (50m max.)

5 starts on grass

2x25 1 Leg Squats (each leg)

2x40m Low Walk

3x25 Frog jumps

Warm down and stretch



Vallensbæk Roadtrack (400m per lap)

Warm up

3 x 100m (straight-away sprint) 90% speed, with control

3 x 400m (1 lap)

3 x 1200m (3 laps)

3 x 3000m (7.5 laps)

10km Steady pace

Holding disciplined paceline and body position

5 starts (50m max.)

5 starts on grass

2x25 1 Leg Squats (each leg)

2x40m Low Walk

3x25 Frog jumps

Warm down and stretch



Vallensbæk Roadtrack (400m per lap)

Warm up

Group Build up, 1 lap 80% speed, try to follow at the back.

5 x 1200m (3 laps, 1 lap each) 90 seconds pause.
(in groups of 3, keep the group together)

10 laps paceline with sprints on one straightaway.

Relay

10km Steady pace

Holding disciplined paceline and body position

5 starts (50m max.)

5 starts on grass

2x25 1 Leg Squats (each leg)

2x40 Mini Squat Jumps

3x25 Skate sim + hop

2 x 50 Knee raises

1x25 cross over push under

Warm down and stretch



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Vallensbæk Roadtrack (400m per lap)

Warm up

Warm up nr. 2 faster

10 x 500m Flying start (1.25 laps)

5 starts (50m max.)

5 starts on grass

2x50 Star jumps in skate position

2x40m Low Walk

3x25 Skate sim.

Warm down and stretch



Vallensbæk Roadtrack (400m per lap)

Warm up

Group Build up, 1 lap 80% speed, try to follow at the back.

5 x 1200m (3 laps, 1 lap each) 90 seconds pause.
(in groups of 3, keep the group together)

10 laps paceline with sprints on one straightaway.

Relay

10km Steady pace

Holding disciplined paceline and body position

5 starts (50m max.)

5 starts on grass

2x25 1 Leg Squats (each leg)

2x40 Mini Squat Jumps

3x25 Skate sim + hop

2 x 50 Knee raises

1x25 cross over push under

Warm down and stretch

