

## ROAD

6x7km Skate SLOW! (max.1 min pause between, stretch.)

- Focus on holding the basic skating position.
- Keep you body stable, not wobbling or bouncing around.
- FEEL the outside edges, not extreme, only controlled and smooth. Hold stride length long, and use the skate and technique to generate a long stride.
- FEEL the body weight transfer become more and more effective.

1x25 1 Leg Squats (each leg)

2x50 Lunge jumps

Stretch

