

Speed Skating - Sport Specific - Power Exercises

WHEN EXECUTED WITH PROPER FORM ALL SKATERS SHOULD SEE THE FOLLOWING BENEFITS

1 - Arm and leg coordination; 2 - Balance while in skating position; 3 - Increased flexibility and range of motion; 4- Increased strength; 5- Improved skating technique; 6 - Enables you to isolate each leg and even out your leg strength

Number in parenthesis will refer to these benefits in the following descriptions

A - These isometric exercises are designed to develop specific strength related to the skating position

LEG KICKS - Balance on one leg, kick the other leg forward and back (1, 2, 3, 4)

LEG CIRCLES - Balance on one leg, circle the other as in the stroke and recovery (1, 2, 3, 4, 5)

JUMPING JACKS - Stay low in the skating position, use arm swing (3, 4)

BOUNCE JUMP - Small jumps up and down in skating position, use arm swing (1, 4)

CROSSES AND STROKES - Also known as crossing in place (1, 2, 3, 4, 5)

WIDE STEPS - Stroking to the side at a 45 degree angle [alternate legs] (1, 2, 3, 4, 5)

CROSSES BOTH WAYS - Stationary crosses in both directions (1, 2, 3, 4, 5)

SQUAT SWINGS - Do squats and then hold squat for 10 seconds (2, 3, 4)

LUNGES - Thrust forward holding arms under leg and pull chest to knees (3, 4)

CROSS JUMPS - Jump wide to side then cross foot behind, repeat in opposite direction. Keep free foot off floor (1, 2, 3, 4, 5)

ONE LEG SQUATS - In skating position with one leg on chair (2, 3, 4, 6)

STATIONARY DRY SKATING - Working foot circles and skating motion (1, 2, 3, 4, 5, 6)

B - These endurance exercises are designed to increase aerobic capacity

FORWARD STRIDES - Imitating the straight a way skating technique moving forward (1, 2, 3, 4, 5)

CROSS OVERS - Imitating the corner technique (1, 2, 3, 4, 5)

LOW WALKS - Step forward with long stride in skating position heel to toe with forward foot, drag back foot (1, 2, 3, 4)

VARIATIONS OF LOW WALK - "The Complete Handbook of Speed Skating"

1. Straight back low walk to isolate legs
2. Elbow to heel low walk to work on abdominals, oblique, and lower back endurance
3. "Ballerina" low walk to increase lateral flexibility
4. Knee to chest low walk to increase range of motion and flexibility

SLIDE BOARD - Progress up to 15 minutes of continuous slide board 3 to 5 times per week (1, 2, 3, 4, 5)

C - These power exercises are designed to increase the explosiveness of the muscle groups used in sprinting

BOUNCE JUMP - High jumps with arm swing, pulling knees to chest (3, 4)

BOUNCE JUMP OVER LINE - Height and lateral distance with arm swing (3, 4)

JUMP THRUST SQUAT - Jump up, pull knees to chest, land, squat down, kick both feet out behind [supporting yourself on your hands], pull feet back into squat position, jump up, repeat (3, 4)

LEG SWITCH - Low skating position with one leg forward and one leg back, jump up and switch legs in the air (1, 3, 4)

BROAD JUMP - Both feet together, explosive jump forward, land softly (3, 4)

ONE LEG JUMP THRUSTS - Repetitions of explosive jumps up, repeat on other foot (3, 4, 6)

ONE LEG JUMPS FORWARD - Skating position, keep one leg off the floor, jump forward (3, 4, 6)

TWO/ONES - One leg jump forward two times, keeping free leg off the floor, then jump to the side onto the other leg dragging the free foot to keep leg low to the ground, jump forward two times on the other leg and repeat (1, 2, 3, 4, 6)

WINDMILLS - Jump forward from a down position, swing arms over your head from back to front as in swimming the butterfly stroke and repeat (3, 4, 6)

SPRINTS - 50%, 60%, 70%, 80% x 40 yards [first day 4 x 50%] (1, 3, 6)

Please note: These power exercises are designed to tax the same muscles used in sprint skating. Each exercise begins with a 90-degree bend in the knee and explodes to complete the knee and hip extension. Master each exercise in terms of technique before using it in a power situation. This will help prevent injury and assure that you are performing the exercises in a correct manner.