

Strength training for cross-country skiing

For performance and prevention of injuries

what is cross-country skiing

- winter sport.
- equipment
- For everyone



Strength, why and principles

- Increase the strength
- Increase energy usage
- Reduce the time for energy generation
- 4 principles.
 - Muscles specification.
 - Muscle length
 - the speed curve
 - plyometric muscle power

Exercises recommendation for improved performance

- Standing medical Ball throw
- Pull-over on elevated bench
- Chin ups
- Staking with cable.



Prevention of damage

- not many injuries,
- Difference between pro and amateurs.
- Full body work out all year.



Full work out plan

- For athletes focus on upper body for strength
- For everyone else full body strength.



Sources

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