

Dryland Training Workout

20 minute run

Between stations

Pole Walking

Classic

Skate (V-1)

Station #1 (10 min. of exercise)

Pole Bounding (up hill)

Classic

Skate (V-1- both sides) – slight hold on pole plant

Station #2 (10 min. of exercise)

V-1 Skating simulation

Standing broad jumps – two feet (on flats)

One foot hops (on flats)

Skipping with high leg (on flats)

Side jumping jacks (reverse push off foot) (on flats)

Double Pole Pull Over's (plant pole out front, spring and pull self over poles)

Station #3 (10 min. of exercise)

Left lateral lunge-walk up (on hill)

Right lateral lunge-walk up (on hill)

Forward cross-over lunge-walk up (on hill)

Backward cross-over lunge-walk up (on hill)