

Mansfield Nordic Ski Club



In the Beginning



Have Fun!



Life Style

73 year spread



High School – (where did that hair go?)



Olympic Games 2002



Highs and Lows Along the Way

Junior Nationals – junior year missed by 3 seconds

Freshmen Year NCAA's – missed by 1 spot

1994 Olympic Trials – did not make team

1998 Olympic Trials – sickness

2000 – Dropped from Ski Team

2002 Olympics – qualified for the team on my own.

Salt Lake City Here I come!



15km Classic – Be ready for anything!

Date	Day	Training Methods							Activity							Morning test						
		Lsd1	Lsd2	Thre	om	wrm up	Stren	Spe	Bou	Ski C	Ski F	R/skiC	R/skiF	Run	Cycle	Other	Circuit	3Min	Max	2Min	30S	
4	Mon					0:00:20								0:00:20								
5	Tue		0:01:30											0:01:30								
6	Wed				0:00:30	0:01:30								0:01:30								
7	Thu		0:01:50										0:01:50									
8	Fri					0:00:30								0:00:30								
9	Sat					0:00:30								0:00:30								
10	Sun	0:02:55			0:00:15	0:00:20							0:03:10				0:00:20					
11	Mon		0:01:00			0:00:30							0:01:00				0:00:30					
12	Tue				0:00:40	0:01:20							0:01:30				0:00:30					
13	Wed		0:01:00			0:00:30							0:01:00				0:00:30					
14	Thu				0:00:50	0:01:10							0:01:00	0:01:00								
15	Fri					0:00:30								0:00:30								
16	Sat					0:00:45								0:00:45								
17	Sun		0:01:30										0:01:30									
18	Mon		0:02:00										0:02:00									
19	Tue	0:02:55			0:00:20								0:03:15									
20	Wed					0:00:45								0:00:45								
21	Thu		0:01:20		0:00:10	0:00:30							0:01:30				0:00:30					
22	Fri		0:01:00			0:00:30							0:01:00				0:00:30					
23	Sat																					
24	Sun																					
25	Mon																					
26	Tue																					
27	Wed		0:01:30			0:00:20							0:01:30				0:00:20					



Inspirational People Along the Way

My Peers



Coaches

“Coaches Coach”



Family



College Skiing



What It Takes

Motivation

Hard Working

Organized

Want to be Part of a Team - “It is the team that will make the individual's faster”

Expectations

Hours range from 500 to 700 plus

Majority of the hours need to be in the Summer.

“OYO”/Ownership Workouts – a percentage of the workouts are On Your Own –

Academic Schedule - largely determines our training schedule

Recovery – More difficult to get recovery while going to school

Distractions – There is a lot going on.

Training in a Nut shell

KEEP IT SIMPLE!!!!!!

Train – need to get out and train

Keep easy days easy

Make the hard days hard

Stay on top of the little things

- Nutrition
- Hydration
- Sleep
- Health

Recovery

Questions?

