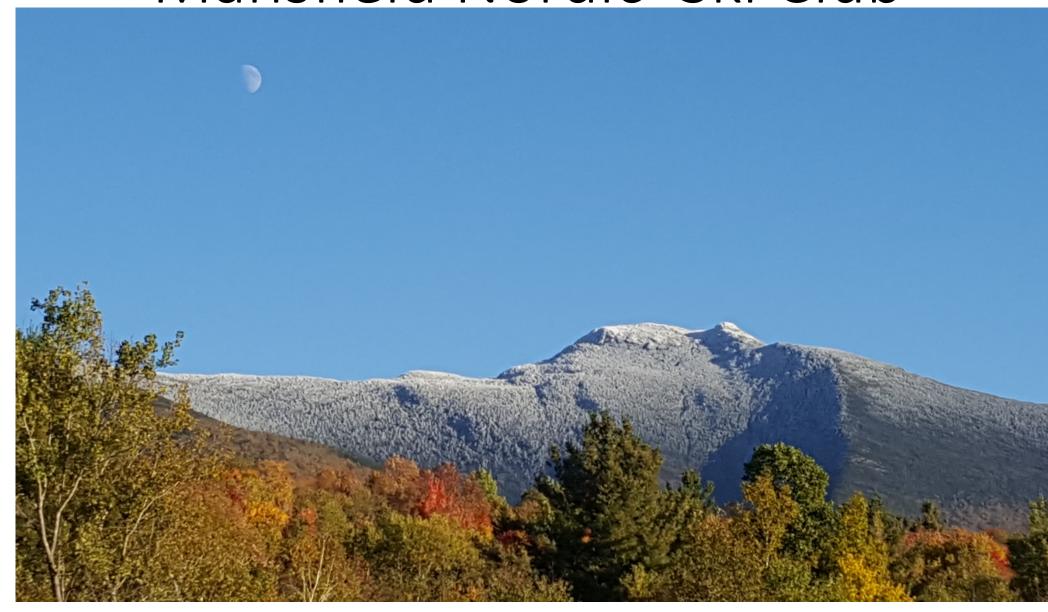
Mansfield Nordic Ski Club



In the Beginning



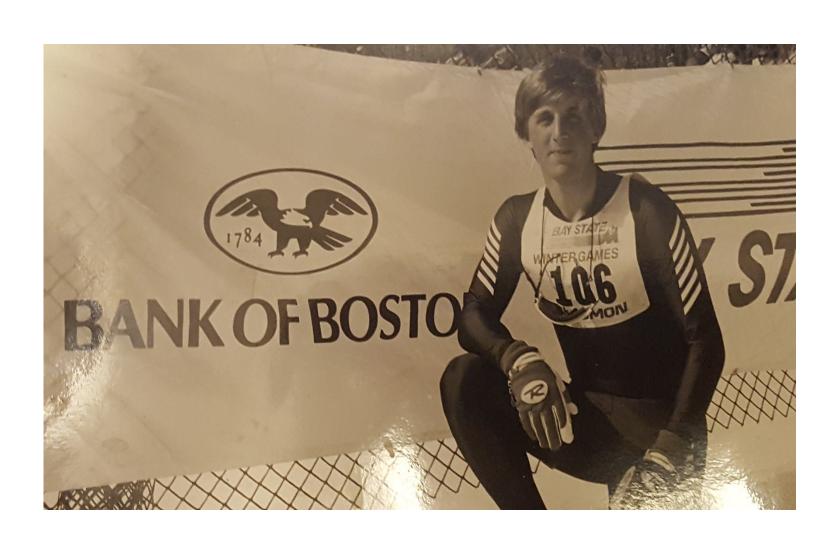
Have Fun!



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!

11390		Training Methods								Activity								Mor	ning	test	st
ate	Day	Lsd1	Lsd2	Thre	om	wrm up	Stren	Spe	Bou	Ski C	Ski F	R/skiC	R/skiF	Run	Cycle	Other	Circuit	3Min	Max	2Min	30 S
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5	Tue		0:01:30							0:01:30											
6	Wed	9			0:00:30	0:01:30				0:01:30				0:00:30	ŭ Q						
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							
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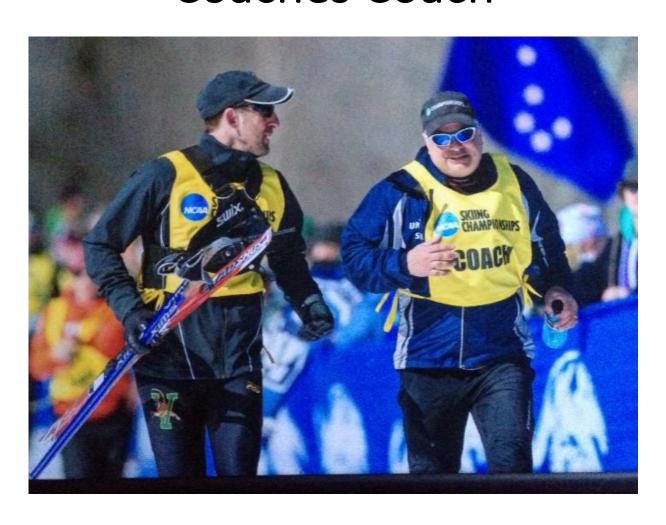


Inspirational People Along the Way

My Peers



Coaches "Coaches"



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?

