

Speed Skating Sports 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
(The above benefits will be referred to in the following descriptions by number in parenthesis.)

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)

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

WIDE STEPS - Stroking to the side (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 folding arms under leg and pull chest to knee. (3,4)

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 activity:

FORWARD STRIDES - Imitating the straight away 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 foot back. (1,2,3,4)

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

(Please note: The 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 explode 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 assume that you are performing the exercises in a correct manner)

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

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

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

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

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

SQUAT JUMPS - Do for one minute, jumping every 5 seconds; keep arms and hands in front.(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 air. (1,3,4)

SIDE LEG SWITCHES - Keep knee under chest, shoulders do not move. (1,3,6)

ONE LEG SQUAT JUMPS - Bring knees to chest. (3,4,5)

BROAD JUMP- Both feet together, explosive jump forward, land softly.
(3,4,6)

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

ONE LEG JUMP FORWARD - Skating position, keep free leg off floor, jump forward. (3,4,6)

DRY SKATING LEAPS - (1,2,3,4,5,6)

TWO/ONES - One leg jump forward two times, keeping free leg off 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.
(1,2,3,4,5,6)

WINDMILLS - Jump forward from a down starting position, swing both arms over your head from back to front as in swimming the butterfly stroke and repeat. (3,4,5)

SPRINTS - 50%, 60%, 70%, 80% X 40 yards (first day 4 X 50%.) (1,3,6)