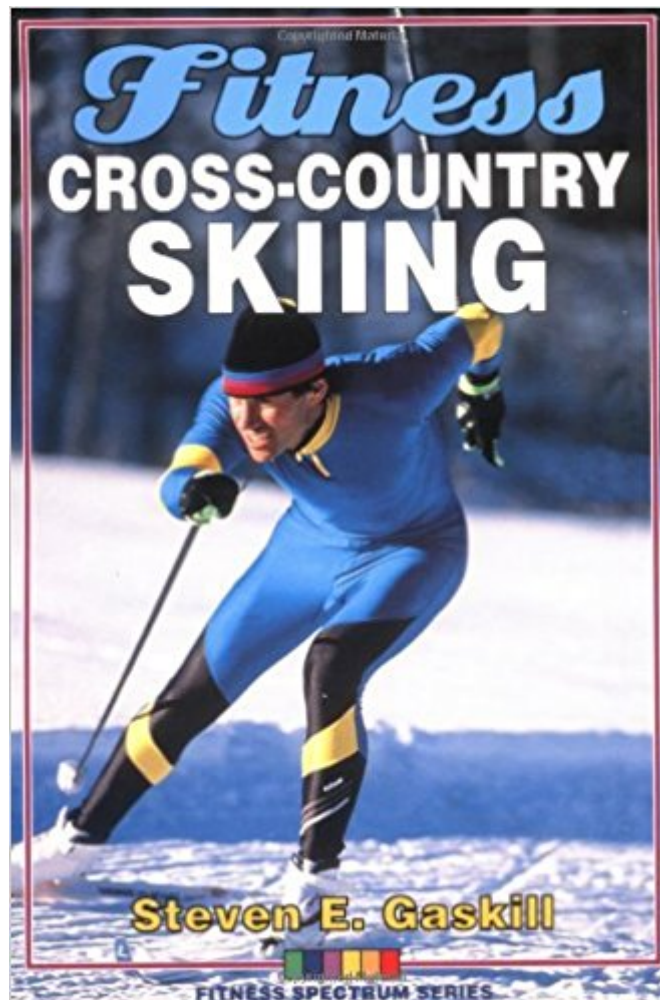


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# Fitness Cross-Country Skiing (Fitness Spectrum)



## Synopsis

Fitness Cross-Country Skiing is the perfect training tool for the more than five million people in the United States and Canada who have discovered the benefits of this healthy, low-impact form of exercise. The book's 58 color-coded workouts challenge skiers according to their fitness and skiing ability, and three sample training programs show how to put it all together for high-level conditioning, cross-training, or racing. Ski expert Steve Gaskill guides readers through the best skiing workouts, drawing on over 25 years of ski coaching experience, including 10 with the U.S. Ski Team. Highlights of the book include:- Tips on choosing the right equipment- Fifty-eight great workouts spanning six color-coded training zones, from low to high intensity- Forty-three indoor and summer workouts for year-round fitness- Cross-training advice for running, cycling, hiking, and in-line skating- Three levels of training programs for high-level conditioning or racing- Guidelines for setting up a personalized training program

## Book Information

Series: Fitness Spectrum

Paperback: 176 pages

Publisher: Human Kinetics (October 23, 1997)

Language: English

ISBN-10: 0880116528

ISBN-13: 978-0880116527

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 4.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #740,351 in Books (See Top 100 in Books) #20 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Cross-Country #515 in Books > Sports & Outdoors > Winter Sports #674 in Books > Medical Books > Medicine > Sports Medicine

## Customer Reviews

"Fitness Cross-Country Skiing is a thorough resource for both athletes and non-athletes who want to follow an effective training plan for cross-country skiing, and who want to understand why it's effective. This book presents all the components necessary for a well-rounded training program for the novice as well as the advanced skier. It allows flexibility within a structured plan, which is important for staying motivated and fitting training into one's schedule. Gaskill does a good job explaining the terminology and the body's functions." Suzanne King U.S. Ski Team member 1996

and 1997 Cross-country Skiing National Champion "

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Very good step by step guide from beginner to intermediate and to advanced cross country skiing. Wish I had this 16 years ago when I started this sport.

Great book for developing a cross country skiing training program. I originally checked it out at the library and liked it so much I bought it to have my own copy. Very clear without a lot of good, practical advice. Highly recommend it.

This book is definitely for the cross-country skier who is also a racer, or wants to begin racing. This is not the book for the occasional skier who only wants to slide and glide on the golf course. Steve Gaskill, the author, was coach of the US Ski Team for ten years. Since it was written by a coach, "Fitness, Cross-Country Skiing" is a very highly organized, step by step instructions for getting it top shape to compete in the demanding sport of Nordic racing - everything from 5K sprints up to 50K marathons. Everything a competitor needs to know is here, dry land training, on snow training, exercises in the hills, on the flats, roller blading, stretching, and rest days. There are heart rate charts, calories burned charts, and suggested levels of training for everyone from the out-of-shape weekend racer to the elite world class athlete. This is a wonderful resource of the competitor or one interested in total fitness.

This book has the basics and more for someone beginning a training program for Cross Country Skiing. It also contains an endurance test, strength tests and stretches specific for Nordic skiing. The wide variety of levels/workout programs will fit anyone's needs and desire, with some exercises and training sessions for each level. This book is skiing specific with some equipment selection and skiing technique information. There is also some handy tables and forms. \*THINK SNOW\*

Fitness Cross-Country Skiing by Steve Gaskill is a commendable book for anyone who wants to train seriously. It covers pretty much everything but stops short of integrating technique with fitness. Other books which I found useful in my training were Training for cross-country ski racing by Brian Sharkey and Tao of Skiing cd rom by xczone.

This book is easy to follow and enables the reader to make up a fitness program of one's own. I liked it better than the TAO Method of cross country skiing because it was so hard to follow. Excellent program!

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