

# **Adult XC Ski Training Program**

## **With Go! Training**

### **Fall 2009**

**Join Piotr Bednarski and the Go!Training staff for challenging strength and interval training sessions! Training is based on your ability, but you will have the opportunity to train with many talented cross country skiers.**

#### **Beginner/Intermediate: Dryland foot training and core**

**strength:** Monday Mornings, 9:30am-10:15am, Sept 14<sup>th</sup>-Nov 16<sup>th</sup>. Hyland Hills Alpine area. Dryland technique and physical training. This session is primarily meant for those that want to get in shape for the winter ski season, but are not really interested in rollerskiing. We will work on dryland drills for classic and skating techniques. Also, there will be a substantial training component to every session with ski walking and ski imitation hill intervals. We will also add core strength and balance drills to each workout. Minimum class size of 8 athletes. Cost for session, \$260.

#### **Advanced/Hard Core: Core Strength, Bounding and Hill**

**Running-** Tuesday Afternoons, Sept 1st – Nov 17<sup>th</sup>. Session begin at 3:45-6:00pm at Hyland Hills Alpine Area in Bloomington. These strength sessions will start with 30 min of strength and balance exercises. We use medicine balls, body weight, and some weighted exercises. After strength we will move to a combination of hill bounding, ski walking, and hill running intervals. Training is based on your ability, but you still get to train in a great group environment. You need to bring HR monitor, running shoes, bounding poles (classic length or slightly shorter), and water bottle. These will be difficult training sessions. Cost for Hyland sessions only, \$260.

#### **Intermediate/Advanced- Rollerski Intervals and Technique**

**Sessions-** Thursdays, Sept 11<sup>th</sup>-Nov 20<sup>th</sup>, 7am-8:30am. West River Rd, bottom of Franklin Bridge Hill. Skate and Classic Techniques, but you can choose just to do one technique if you want. These sessions will focus on specific strength and technique. Rollerskis, poles, Heart Rate monitor and helmet required. Lactate profile included. Intermediate to advanced level. Cost for W. River Rd Session only, \$290. \*\*note, there is a afternoon option for very advanced skiers only, 3pm in Edina, Braemar Golf Course. Inquire with Piotr\*\*

**Price for Tuesday and Thursday Session: \$390**

**Contact info:** Piotr Bednarski, 952/237-0765 cell m [gotrainingus@aol.com](mailto:gotrainingus@aol.com)

# Fall 2009 XC Ski Training with Go! Training

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Age \_\_\_\_\_  
Email (REQUIRED) \_\_\_\_\_  
Emergency Contact with phone \_\_\_\_\_  
Health issues that could affect your training \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Cost: Dryland Technique/Training- Monday AM \$240  
Strength/Bounding- Tuesdays PM \$260  
Interval Workout- Thursdays AM \$290  
Both Tuesday and Thursday workout \$390

## PAYMENT INSTRUCTIONS:

Please make checks out to:

**Piotr Bednarski**  
**4845 Emerson Ave S.**  
**Minneapolis, MN 55419**

## WAIVER AND RELEASE OF LIABILITY

**Identification of Risk.** I, \_\_\_\_\_, know that physical training for cross country skiing, running, biking, general fitness or strength involves risk of injury or property damage, which includes serious injury, including permanent disability and death. I understand that these injuries might result not only from my actions, but the actions, inactions, or negligence of others.

**Assumption of Risk.** I agree that I am responsible for my health and safety while training for and participating in cross country skiing, running, biking, general fitness and strength training, including any other sports or exercises I may participate in to further my training. I assume all risks, known and unknown, connected with my participation. I understand that any physical training program should only be undertaken after a full examination by, and receipt of permission from, my doctor.

**Waiver.** Being aware of the risks and willing to assume them, I waive, release, and hold Go!Training, Piotr Bednarski, and owners/lessors of used premises from all claims for liability, injury, loss, wrongful death or property damage connected with my training plan and program and the exercises and sports that I undertake in order to further my training. I intend for this waiver and release to also apply to my relatives, personal representative heirs, beneficiaries, next of kin, and assigns.

**Insurance.** I currently have, and agree to maintain throughout the time I participate, sufficient medical and accident insurance. I understand that it is my responsibility and release any one else from providing it for me.

**I have read this agreement and waiver carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.**

\_\_\_\_\_  
Participant's signature Date \_\_\_\_\_

### For participants under age 18:

I consent to the above person's participation in training for cross country skiing, running, biking or general fitness and strength. I acknowledge that I assume all risks, known and unknown, and waive all claims in advance.

\_\_\_\_\_  
Parent/guardian's signature Date \_\_\_\_\_

