



# APU Nordic Ski Center

‘Coaching Kikkan and the APU Team’

# System and the right Athlete



System: A lot of skiers working together



# Program+University

Elite (10)

Elite Development  
(10)

Junior 15-18  
years (25)

Devo 10-14  
(25)

& Taz



# Attributes. Where to start?

- Identify Goals
- Assess
- What needs to be done?
- Make a plan
- Action
- Measure
- Repeat the process



# Kikkan

- Talent
- Motivated
- Opportunity
- Good Base of Training
- Excellent acceleration and shorter course performance



# Goals...OL, WC, World Cup



\*Sustain a higher  
percentage of max speed

- Economy
- Aerobic
- High speed fatigue resistance

# The Plan



- Increase amount of training both aerobic and anaerobic, increasing overall load
- Increase amount of cycles at sprint specific speeds. Increased L4 to Max Speed.
- Increase specificity.
- Technique refinement

training every year between May-  
September

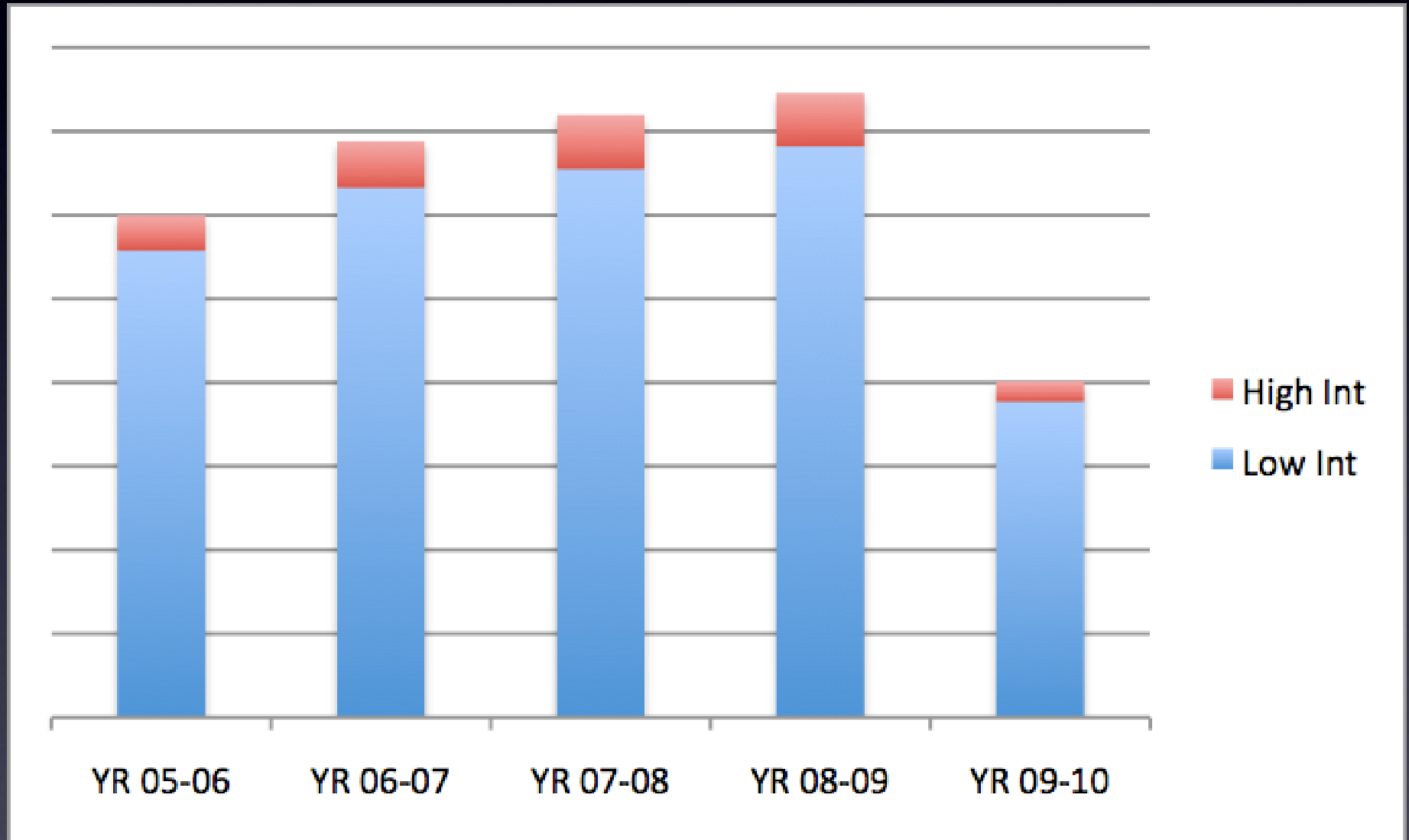


Eagle Glacie

Spring Crust Ski



# Intensity-Load Chart



- Basic idea of train hard and ski a lot
- Work on all fiber types through the year
- Majority of training at sea level with special camps to altitude
- Training plans need to be individual, but best done with Coach and Team
- Specific in speed and terrain
- Consistent
- Record and measure: Testing, logs, etc

# It worked!

06-07 World Cup Bronze

07-08 World Cup Gold

08-09 World  
Championship Silver





There is no secret of training, you become what you do everyday!”

