



If your dream goal is to win a **Gold Medal** at the Olympic Winter Games in the sport of Cross-Country Skiing, here are a few things you need to know:

Training Volume: Minimum 500 hours yearly by age 17

| | |
|---------------|------------|
| Age 16 to 17: | 500+ hours |
| Age 18 to 19: | 600+ hours |
| Age 20+ | 700+ hours |

Majority of hours are skiing, roller-skiing, running, and strength

| | | |
|---------------------|---------------|-----------------------|
| Race Starts: | Age 16 to 17: | 20+ starts per year |
| | Age 18 to 19: | 30+ starts per year |
| | Age 20+ | 30-40 starts per year |

| | |
|--------------|---|
| Age 16 to 17 | 4+ Top international starts per year |
| Age 18 to 19 | 6+ Top international starts per year |
| Age 20+ | 8–12+ Top international starts per year |

Includes 6-10 sprint starts per year for potential sprinters

Program Needs: Training with a quality coach and a strong group of athletes, 6-12 sessions per week, 48 weeks per year.

Purposeful and progressive training periodization and planning; week to week, month to month, year to year.

Frequent recovery monitoring and evaluation of progress.



U.S. Ski and Snowboard Association
The National Governing Body for Olympic Skiing and Snowboarding