



CROSSCOUNTRY
TECHNICAL FUNDAMENTALS

CLASSIC

FREESTYLE

Select a style to begin.

Classic

Classical skiing refers to the traditional style of cross-country skiing. The arms and legs move parallel to the direction of travel with the same synchronized rhythm as running. Imagine, when running, if every time you took a step your forward momentum carried you twice as far as your normal stride. That is classical skiing. Classical skiing depends on kicking and gliding. It is like a walking or running step that lands you on a slippery shoe. Each stride sends you gliding down the trail. As the name suggests, Classical is at the root of the sport – a sport born in the mountains of Norway thousands of years ago.



CLASSIC



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