



## Pre -Season Nordic Workshop Training and Stability for Skate and Classic Techniques

Where: Physio Performance Lab, 1414 W. Grove St. (next to Big City)

When: Tuesday, November 11, at 6:30 pm

Idaho Nordic, in conjunction with our sponsors Physio Performance Lab and PhysioTherapy, is pleased to present the first IN performance testing and training seminar at Physio Performance Lab, 1414 W. Grove Street, on Tuesday, November 11 at 6:30.

This two-part workshop will be led by Corey Hart, MS, Director of Physio Performance Lab. He will introduce the concepts of establishing accurate training zones, proper training loads, and how to structure your training over the season. This lecture will introduce specific physiologic testing and enable you to use the latest in sports science to maximize your training time. PPL will be performing on-snow testing and technique analysis utilizing high speed motion software for Idaho Nordic this year and this will also be reviewed.

In the second part, David Fleckenstein, MPT, Joe Jensen, and Eric Jensen will introduce specific stabilization and flexibility exercises to improve your technique for V1, V2, and classic techniques. Additional time will be provided to actively review and practice these techniques.

Whether your goals are simply to get to the top of Moore's Mountain or are as lofty as getting a PR at Boulder Mountain Tour, this seminar will help to improve your dryland training and have you ready when the snow flies!