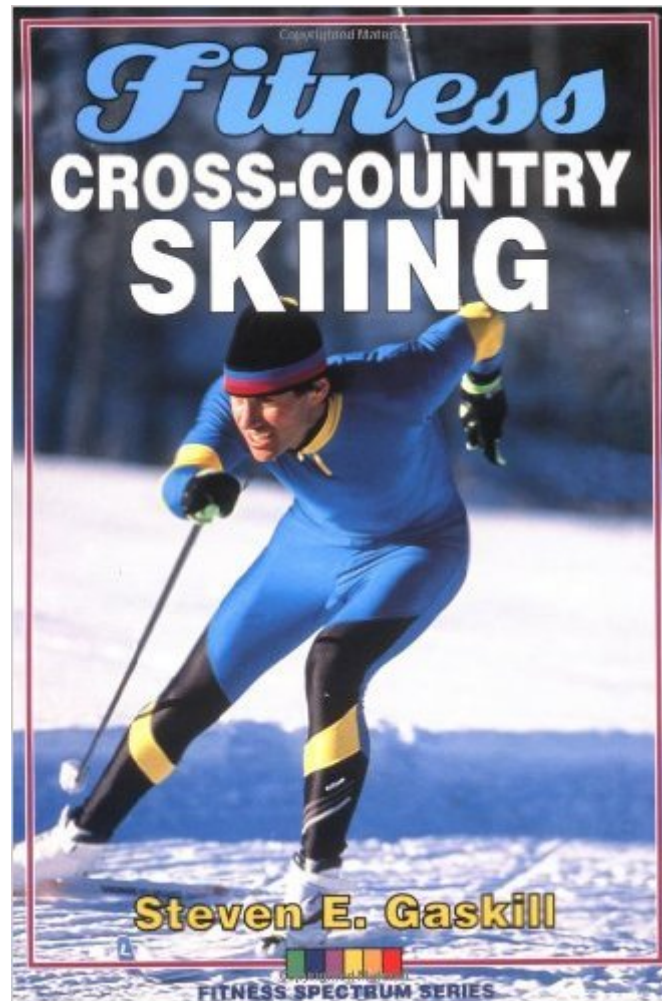


The book was found

Fitness Cross-Country Skiing (Fitness Spectrum)



Synopsis

Fitness Cross-Country Skiing is the perfect training tool for the more than five million people in the United States and Canada who have discovered the benefits of this healthy, low-impact form of exercise. The book's 58 color-coded workouts challenge skiers according to their fitness and skiing ability, and three sample training programs show how to put it all together for high-level conditioning, cross-training, or racing. Ski expert Steve Gaskill guides readers through the best skiing workouts, drawing on over 25 years of ski coaching experience, including 10 with the U.S. Ski Team. Highlights of the book include:- Tips on choosing the right equipment- Fifty-eight great workouts spanning six color-coded training zones, from low to high intensity- Forty-three indoor and summer workouts for year-round fitness- Cross-training advice for running, cycling, hiking, and in-line skating- Three levels of training programs for high-level conditioning or racing- Guidelines for setting up a personalized training program

Book Information

Series: Fitness Spectrum

Paperback: 176 pages

Publisher: Human Kinetics (October 23, 1997)

Language: English

ISBN-10: 0880116528

ISBN-13: 978-0880116527

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #641,511 in Books (See Top 100 in Books) #24 in [Books > Sports & Outdoors > Outdoor Recreation > Skiing > Cross-Country](#) #544 in [Books > Medical Books > Medicine > Sports Medicine](#) #564 in [Books > Sports & Outdoors > Winter Sports](#)

Customer Reviews

This book is definitely for the cross-country skier who is also a racer, or wants to begin racing. This is not the book for the occasional skier who only wants to slide and glide on the golf course. Steve Gaskill, the author, was coach of the US Ski Team for ten years. Since it was written by a coach, "Fitness, Cross-Country Skiing" is a very highly organized, step by step instructions for getting it top shape to compete in the demanding sport of Nordic racing - everything from 5K sprints up to 50K marathons. Everything a competitor needs to know is here, dry land training, on snow training,

exercises in the hills, on the flats, roller blading, stretching, and rest days. There are heart rate charts, calories burned charts, and suggested levels of training for everyone from the out-of-shape weekend racer to the elite world class athlete. This is a wonderful resource of the competitor or one interested in total fitness.

Fitness Cross-Country Skiing by Steve Gaskill is a commendable book for anyone who wants to train seriously. It covers pretty much everything but stops short of integrating technique with fitness. Other books which I found useful in my training were Training for cross-country ski racing by Brian Sharkey and Tao of Skiing cd rom by xczone.

This book has the basics and more for someone beginning a training program for Cross Country Skiing. It also contains an endurance test, strength tests and stretches specific for Nordic skiing. The wide variety of levels/workout programs will fit anyones needs and desire, with some exercises and training sessions for each level. This book is skiing specific with some equipment selection and skiing technique infromation. There is also some handy tables and forms. *THINK SNOW*

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