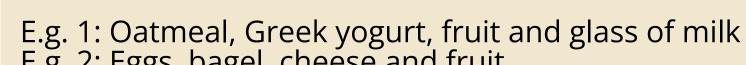
**Breakfast** 

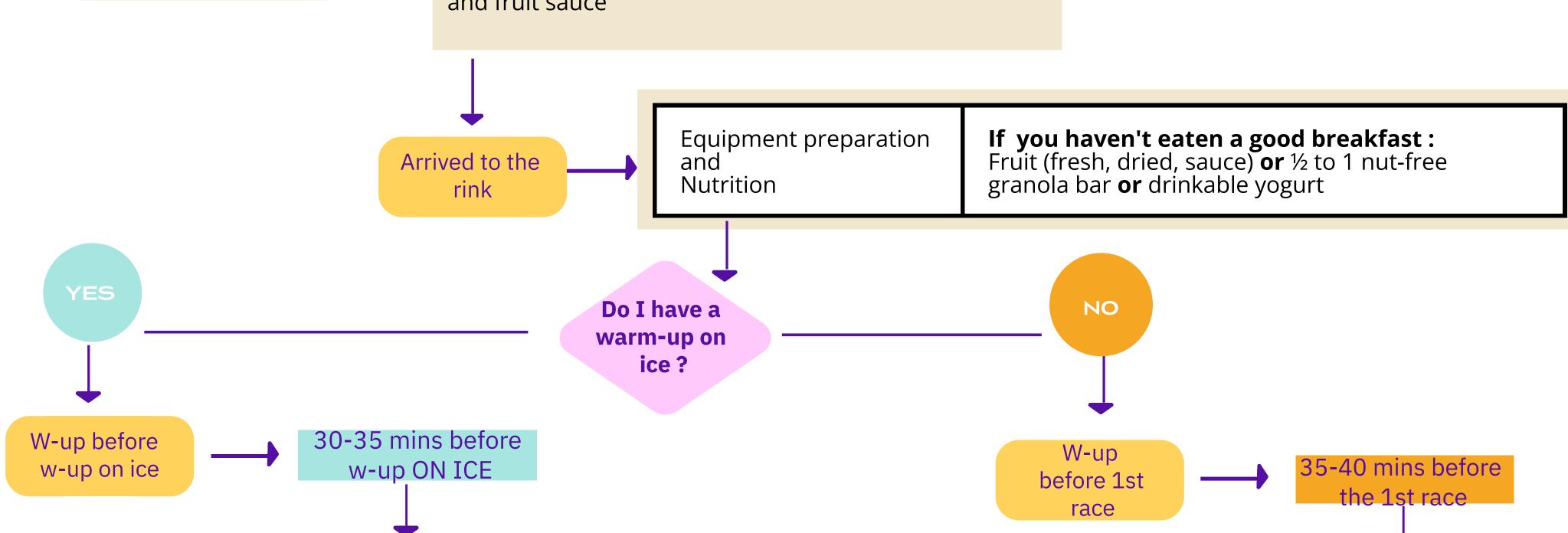
2-3 hours before the

first race

### W-UP IN COMPETITION BEFORE THE IST RACE



E.g. 1: Oatmeal, Greek yogurt, fruit and glass of milk E.g. 2: Eggs, bagel, cheese and fruit E.g. 3: Toast, nut butter, Greek yogurt and fruit Fragile digestion: Smoothie (milk, Greek yogurt, fruit) and fruit sauce



Nutrition

Temperature 1

Neuromuscular

Recovery

Heat Box

Temperature	10-15mins Goal: Wake up and feel warm	
Mobility	Number of exercises : 4-6 Repetitions : 6-8	
Muscular activation	Number of exercises : 1-3 Repetitions : 10-12	
Neuromuscular	Number of exercises : 2-4 Repetitions : 6-10 or 15m	
Recovery	Put warm clothes until w-up on ice * Long pants * Long sweater or coat	
Heat Box	10 mins before w-up on ice	

W-up on ice

Goal: Wake up and feel warm Number of exercises: 4-6 Mobility Repetitions: 6-8 Number of exercises: 1-3 Muscular activation Repetitions: 10-12 5 x 30 sec ON \ 30 sec OFF Temperature 2 \* After 4th rep = feeling warm \* After 5th rep = Being out of breath

Number of exercises: 2-4

Put warm clothes until w-up on ice

Repetition: 3-5 or 15m

\* Long pants
\* Long sweater or coat

10-15 mins before 1st race

ball **or** drinkable yogurt

10 mins

½ cereal bar **or** banana or dried fruit **or** energy

A. 4-5 outside laps with progressive ROM followed by 2 << blue>> laps stand up easy skating

B. Repeat A.

C. 2 laps FOCUS: straight = inner\outer, corner = lean followed by 2 << blue >> laps stand up easy skating

D. 1 smooth accel more and more tight followed by 2 << blue>> laps stand up easy skating

E. Repeat D.

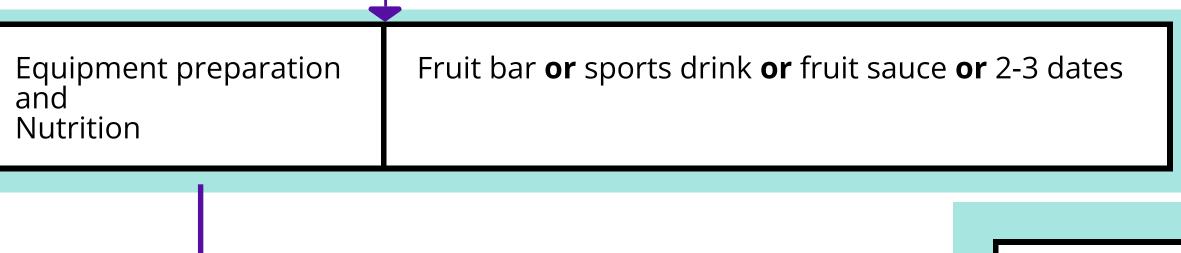
F. 1 start 0.5 lap 70-80%

W-up

before 1st

race

G. 1 start 15m 100%



15-20 mins before

the 1st race

Heat Box

Mobility	Number of exercises : 1-3 Repetition : 4-6
Temperature	5 x 30 sec ON \ 30 sec OFF * After 4th rep = feeling warm * After 5th rep = Being out of breath
Neuromuscular	Number of exercises : 1-3 Repetitions : 3-5 or 15m
Recovery	Put on warm clothes until the 1st race

10-15 mins before 1st race

# BETWEEN RACES



#### How much time between my 2 races?



# 45 min and less

after the race	Equipment check up and Nutrition	Check up equipment immediately after race Smoothie <b>or</b> energy ball <b>or</b> banana <b>or</b> fig bars <b>or</b> potatoes	
	Recovery	Put on warm clothes until the next race	
10-15 mins before the next race	Neuromuscular	Number of Exercises : 1-2 Repetitions : 2- 3 or 15m	
	Heat Box	10-15 mins before the next race	

# 45 min to 2 hours

<b>Immediately</b>
and the second
after the race

Equipment check up and Nutrition	Check up equipment immediately after race Wrap with spread and banana/dates <b>or</b> fresh fruit and Greek yogurt <b>or</b> granola bar and dried fruits. If 1h30-2h: ½ sandwich <b>or</b> small meal (pasta, couscous salad)
Recovery	A. Very light 5 mins bike B. Warm clothing

15-20 mins before the next race

Nutrition	Optional : 1 fruit bar <b>or</b> sports drink <b>or</b> 1 fruit sauce <b>or</b> 1-2 dates
Temperature	5 mins Goal : To be warm
Neuromuscular	Number of exercises : 2-4 Repetitions : 3-5 or 15m
Heat Box	10-15 mins before the next race

### **More than 2 hours**

Heat Box

Immediately after the race

Equipment check up and Nutrition	Check up equipment immediately after race Ex 1: Pasta with meat sauce / chicken / tofu, vegetables, yogurt and fruit Ex 2: Couscous salad, legumes, vegetables, compotes and fruit salad Ex 3: Sandwich with tuna, vegetables, fruit salad and yogurt
Recovery	A. Very light 5 mins bike B. Warm clothing

#### 1 fruit bar **or** sports drink **or** 1 fruit sauce **or** 1-2 dates Nutrition Mobility Number of exercises: 1-3 Repetitions: 4-6 Optional: foam roller/massage gun 30-60sec on 2-3 areas "stimulation type" Number of exercises : 1-3 Repetitions : 10-12 Muscular activation 20-25 mins before the next race 5 x 30 sec ON \ 30 sec OFF Temperature \* After 4th rep = feeling warm \* After 5th rep = Being out of breath Number of exercises: 1-3 Neuromuscular Repetitions: 3-5 or 15m Put on warm clothes until the next race Recovery

10-15 mins before 1st race