



2021 WINTER SPORTS
TRAINING PROGRAM

SPEED SKATING



**Special
Olympics**
Maine

WORKOUT 1

Warm-Up:

(1 round, 30 sec each exercise)

1. [Static High Knees](#)
2. [Mountain Climbers](#)
3. [Lateral Line Jumps](#)
4. [Walking Lunge with Trunk Rotation](#)



Lower Push Workout:

(3 rounds)

1. [Body Weight Shuffles](#) (12 steps per side)
2. [Up Downs](#) (12 reps)
3. [Up Downs with Foot Tap](#) (12 reps)

Cool Down:

(20 seconds each)

1. [Forward Sit and Reach](#)
2. [Sit and Reach Left/Right Side](#)
3. [Butterfly Stretch](#)
4. [Lateral Lunge Hold](#)

Click on exercise for example



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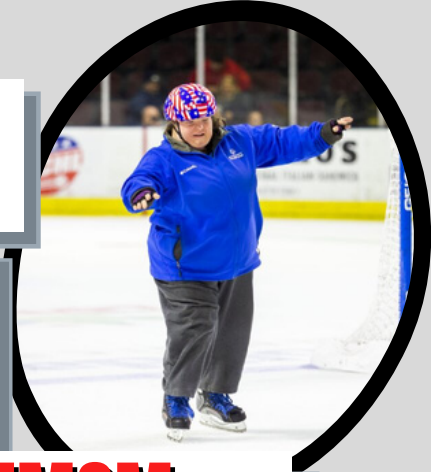
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WORKOUT 2

Warm-Up:

(10 reps per exercise)

1. [Lateral Line Jumps](#)
2. [Alternating Lateral Lunges](#)
3. [High Skips](#)
4. [Alternating Straight Leg Hamstring Stretch](#)



12-minute EMOM

(Every Minute on the Minute) of:

- Minute 1: [Side to Sides](#) (6 each leg)
Minute 2: [Skaters](#) (6 each leg)
Minute 3: [Alternating Push Steps](#) (6 each leg)
Minute 4: Rest
Minute 5: [Side to Sides](#) (6 each leg)
Minute 6: [Skaters](#) (6 each leg)
Minute 7: [Alternating Push Steps](#) (6 each leg)
Minute 8: Rest
Minute 9: [Side to Sides](#) (6 each leg)
Minute 10: [Skaters](#) (6 each leg)
Minute 11: [Alternating Push Steps](#) (6 each leg)
Minute 12: Rest

Cool Down:

(20 seconds each)

1. [Seated Butterfly Stretch](#)
2. [Forward Sit and Reach](#)
3. [Standing Quadricep Stretch](#)
4. [Lateral Lunge Hold](#)

Click on exercise for example



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WORKOUT 3

Warm-Up:

1. Jog in place for 1 minute
2. [Arm Circles](#) (20 per arm)
3. [Lateral Lunge Hold](#) (8 steps/side)



Workout:

(4 rounds)

1. [Basic Speed Skating Position Hold](#) (45 seconds)
2. [Deadlifts](#) (10 reps)
3. [Bedsheet Slams](#) (10 reps)
4. [Step Ups](#) (10 reps)

Cool Down:

(20 seconds each)

1. [Overhead Sumo Squat Hold](#)
2. [Forward Sit and Reach](#)
3. [Sit and Reach Left/Right Side](#)

Click on exercise for example