



Team Telemark Masters Program

Are you a mature athlete? Do you want to glide farther, go faster and gain confidence on both classic and skate skis?

Our Masters Program is an inspiring ski experience for all adults and for all abilities. This two-part program is designed to accommodate less experienced skiers and those who want a little more. Your Masters Program is focused on technique and is supported by a strong fitness component.

Benefits:

- Two Programs: Master Blaster and Smooth Cruisers
- Learn proper Classic and Skate technique
- Develop a personal training program
- Ski with people at your speed
- Two sessions per week on snow
- More than 25 coached sessions
- Dryland/early season training
- Trained by experienced Masters Coaches
- Intro to waxing and ski maintenance
- Fun local loppets

Some ski experience recommended

Faster Master blasters (advanced group)

This program targets the skier who wants to ski smoother, faster, and more powerfully. With an intensity workout every Tuesday and a distance ski every Saturday, expect to sweat (a lot !) while working on technique. Our goal is to prepare for some races on the BC Masters circuit and/or to complement your summer sports training. Previous ski experience required.

Smoother Cruisers (Less Advanced Group)

A more relaxed pace than the Master Blasters, this program is for the skier who wants to work on technique at a less intense pace. With a heavier emphasis on efficiency and long slow distance, expect beautiful skis with lots of technique. Some ski experience required. All fitness levels and abilities are welcome.

For more information check out the program section on the Telemark Nordic website:

<http://telemarknordic.com/masters/>