Year: 20.....

Date	Activity	Km

<b>Total Km</b>	
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www.nordieroeks.com

#### Mordic Fun Zone



Create your own obstacle course and submit it at:

www.nordieroeks.com

Special prizes for select designs awarded annually.



#### **National Partner**



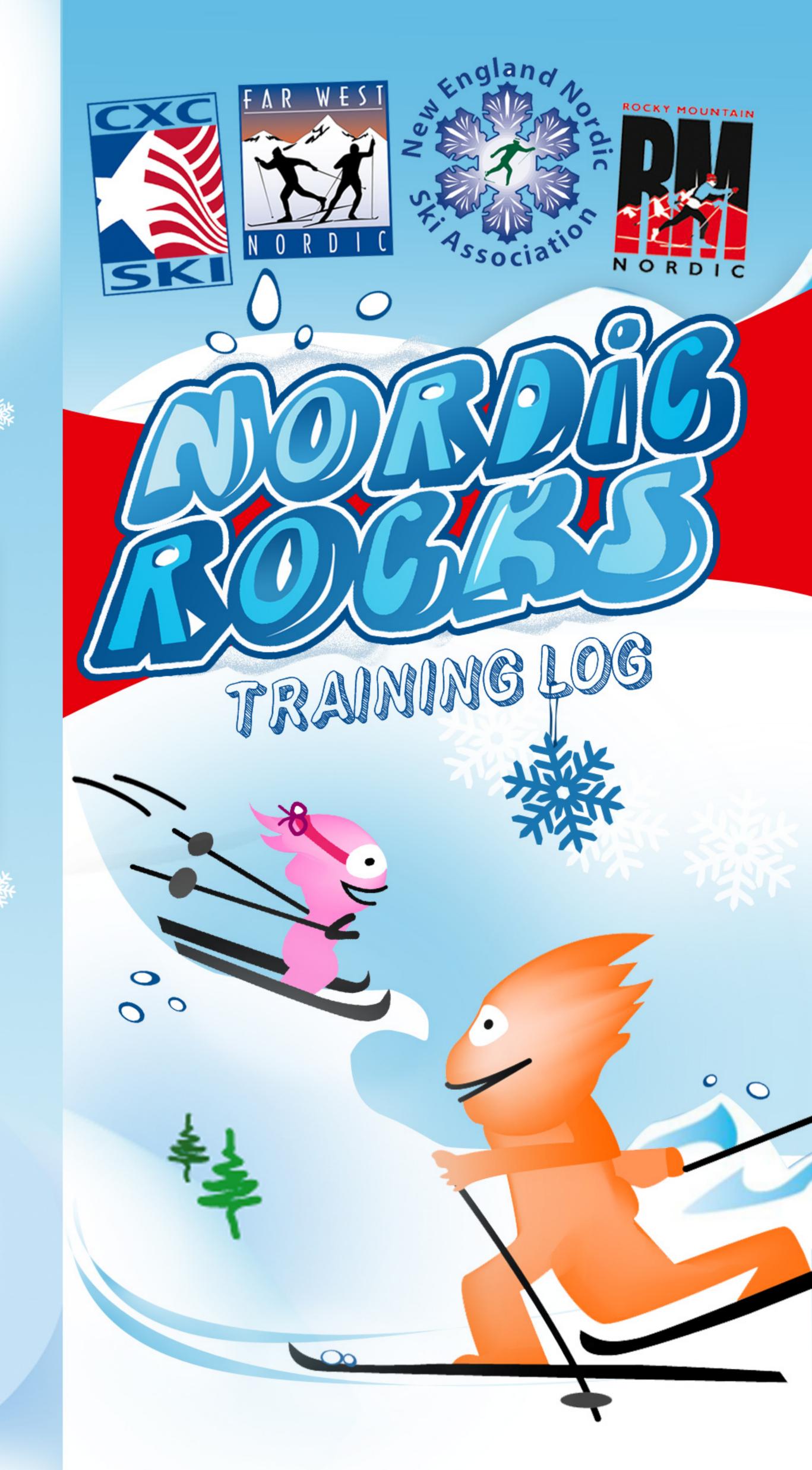
## My Training Log

**Skier Name:** 

Age:

**Season:** 20\_\_\_\_ / 20 \_\_\_\_





**Skier Name:** 

Age:

**Season:** 20\_\_\_\_ / 20 \_\_\_\_

#### Reach Your Goall \*\*

How many kilometers can you cross country ski during the winter? Now you can record it all! After each workout record your kilometers in the training log. You can also keep an online log at www.NordicRocks.com

# How to Record Kilometers

Cross Country Skiing
(including roller skiing and running)
count and record total distance per workout

Alpine, Telemark, Freestyle Skiing and Snowboard

1 hour of activity = 2 km

Jumping and Nordic Combined

1 hour of jumping activity = 4 km

Ice Skating

1 hour of skating activity = 4 km

Adaptive Cross Country Skiing
count and record total distance per workout
multiplied by 2

Year: 20.....

Date	Activity	Km

Total Km

### Age Groups

Nordic Kids - age 7 and younger

Junior, U10 - 8 and 9 years old

Junior, U12 - 10 and 11 years old

Junior, U14 - 12 and 13 years old

Junior, U16 - 14 and 15 years old

Junior, U18 - 16 and 17 years old

Old Junior, U20 - 18 and 19 years old

#### Distance Goals (for each age group per season)

Age Group	Frequency	Bronze	Silver	Gold
	(times a week)	(km)	(km)	(km)
Nordic Kids	2	15	25	50
U10	3	25	50	100
U12	4	50	100	200
U14	5	100	200	300
U16	6	200	300	400

Year: 20.....

Date	Activity	Km

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Year: 20				
Date	Activity	Km		
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Total Km

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