



Using Speed Skating to Become a Better Cyclist

A Five Step Development Plan

from Road to Ice

1. Prepare yourself for a challenge. The low position and technique in speed skating differs from cycling, but translates well.
2. Sign up for Learn to Speed Skate at the Pettit Center and learn the fundamentals. Each session lasts six weeks and takes place on the 400m Oval. Take at least one full session (if not two or more) and practice off-ice exercises on your own that your coach will give you.

<http://thepettit.com/skating-school/adult/>

3. Buy skates and join the Wisconsin Speed Skating Club. The cost of boots and blades varies depending on the type you get. Please ask your Learn to Skate coach or any speed skater for recommendations. No need to buy extra apparel unless you want to. Riding tights, a team jacket and hat work well.

Wisconsin Speed Skating club offers coaching and training sessions to teach you how to skate, which includes workouts and group skating. Masters practice on Mondays and Wednesdays from 5:30pm – 7:00pm. The coach is super awesome!

4. Be patient and enjoy the process of learning a new craft. You may end up skating on the same ice as an Olympian during one of your practices!
5. Experience the benefits.

- Build leg and core strength
- Increase muscular endurance
- Improve Lactate Threshold
- Become more aerodynamic
- Train with a group

Thank you to Brian from Velocause Centraal for sharing his experiences and outlining a clear pathway from cycling to speed skating!