

## **Masters' Programming Questionnaire:**

**This questionnaire will be used to help the Club coaches determine which applicants are best suited for the Master Training Group. Registration for the Master's Training Group is based on consistency of training proven through a year round training focus and one's skiing ability. Each member will be required to purchase the NTS general training plan developed by Andy Newell at an approximate cost of \$17/month.**

1. Please describe your reasons for wanting to join the Masters Performance Training Group at SLNC.

2. What are your performance and training goals for this upcoming season 2023/24?

Performance goals:

Training goals:

3. Describe your 2023 summer training activities (intensity, strength, and long distance). If possible, please provide an estimate of your typical weekly training hours.

4. Do you measure your intensity or exerted effort during training times? If yes, how?

5. Are you interested in Lactate testing?

(We're considering ordering test strips for Lactate testing, in advance, and these would be charged out to each testing participant. The cost associated is approximately \$48.00 US per person, for 25 strips which is enough for 2 tests and some on the spot testing throughout the season).

6. Do you skate and classic ski? Please elaborate on how much time you spend on each Technique

Any further comments or information you'd like us to know about you and you're skiing as we determine which applicants are best suited for this Training Program?

Is this sounding like it is a bit outside of your abilities? We offer a Masters XC Program as well as Intro to Skiing Packages for new skiers through our Day Lodge.