



U S SPEEDSKATING

Jumps

Are you feeling sluggish? Does your start have no pop in it after a long season? Do you always feel stuck on your push?

If you answer yes to any of those questions, it might be time to add in some plyometrics, also known as jumps to your training regimen. These jumps will help activate your fast twitch muscle fibers and bring some needed spring back into your skating.

A few exercises are all you really need. Squat jumps from the skating position, dry skate jumps, and low walk jumps are a good place to begin. Try doing two sets of 6 repetitions of each exercise once a week and see how your skating improves.

One important note though is to ensure you are doing your jumps with the best technique possible. You do not want to form bad habits from these exercises.