

## Pittsburgh Speedskating Club – Off-Ice Basics

**Goal:** Build strong skating posture, balance, and leg endurance

**For:** Youth & novice skaters

**Frequency:** 2–3 times per week    **Duration:** ~20–25 minutes

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### Warm-Up (5 minutes)

- Jog in place or jump rope – 1 minute
  - Arm circles & shoulder rolls – 30 sec each
  - Hip circles & torso twists – 30 sec each
  - 10 slow bodyweight squats (focus on posture)
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### Main Exercises (15–20 minutes)

Exercise	Description	Sets / Time	Focus
Wall Sit	Back flat to wall, knees at 90° <a href="#">Video</a>	3 × 30–45 sec	Build static leg endurance
Basic Skating Position Hold	Skating stance: back straight, knees bent, hands on back. Watch <a href="#">Video</a>	3 × 30 sec	Reinforce correct skating posture
Up-Downs in Basic Position	Slowly move from high to low skating position and back. <a href="#">Video</a>	3 × 10 reps	Strength and control
Leg Raises	Hold onto partner or chair. <a href="#">Video</a>	2 × 10	Hip & glute strength
Balance Hold on One Leg	Skating stance, one leg slightly off ground. <a href="#">Video</a>	3 × 20 sec each leg	Stability and balance

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### **Cool-Down (3 minutes)**

- Gentle quad, hamstring, and calf stretches
- Deep breathing while holding skating position briefly

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### **Video/Online Reference**

- **Hold Basic Skating Position:** [here](#)
- **Wall sit demo:** [here](#)
- **Up-downs in Basic Position:** start with 2-leg [here](#) and add 1-leg [here](#) for an extra challenge
- **Balance hold on one leg:** [here](#)
- **Partner leg raises:** [here](#)

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### **Notes for Skaters**

- Focus on **form before speed** — quality of movement matters most.
  - Rest 30–60 seconds between sets if needed.
  - Keep knees tracking over toes and chest up when in position.
  - If any pain occurs (especially in knees or back), stop and check form.
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