



Training Schedule

Friday, December 5 - GYM

17:00 – 19:00

Session: *Gym – Specific Strength & Technical Application*

Objective: Develop exercises aimed at improving skating-specific strength, coordination, and technical efficiency. Focus on power generation, balance, and correct movement patterns that transfer directly to on-skates performance.

Location: Gym RKIC, Dunajska 10, Kosice

Saturday, December 6 - GYM

Group 1 – 8:30 – 10:30

Group 2 – 10:30 – 12:30

Session: *Gym – Slide Board & Specific Strength Training*

Objective: Use the slide board to simulate the skating stride and work on lateral power, stability, and technique. Perform complementary strength and coordination exercises to enhance balance and gliding efficiency.

Location: Gym RKIC, Dunajska 10, Kosice

Saturday, December 6 - INLINE

Group 1+2 - 16:00 – 18:00

Session: *Indoor Skating Technique & Applied Drills*

Objective: Practice on-skates technique indoors, focusing on stride mechanics, posture, and technical precision. Conduct controlled technical drills and applied exercises to improve balance, acceleration, and overall skating form.

Location: Sport hall, Alejova 2 Kosice

Sunday, December 7 - INLINE

Group 1+2 - 9:30 – 11:30

Session: *Indoor – Resistance Bands & Technical Execution*

Objective: Perform on-skates technical exercises combined with resistance band training to enhance strength, stability, and skating technique. Focus on controlled movement, correct body alignment, and efficient push mechanics.

Location: Sport hall, Alejova 2 Kosice