



Dear Cross-Country Ski Racer,

If you dream of winning an Olympic Gold medal, you are not alone. But when you turn that dream into a goal and set about achieving it, you are embarking upon a life-changing voyage few can say they have truly attempted. Chasing the goal of winning an Olympic medal has a value well beyond any riches that might come from realizing the goal itself. The value of this goal and this dream is the process of pursuing it. Only through extraordinary effort and sacrifice can such a goal be achieved.

The accompanying document outlines the most basic framework of what is involved. This goal is not for everyone; the path is not for everyone. It is only for those committed enough to do what it will take, those not afraid of taking the path-less-traveled, those not adverse to risk, and those who find hard work fun. Make no mistake; this is not the common voyage, this is not the easy path, and therein lies its value.

If you need help or advice along the way, we are here to help.

Sincerely,

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U.S. Ski and Snowboard Association
The National Governing Body for Olympic Skiing and Snowboarding



If your dream goal is to win a **Gold Medal** at the Olympic Winter Games in the sport of Cross-Country Skiing, here are a few things you need to know:

Training Volume: Minimum 500 hours yearly by age 17

Age 16 to 17:	500+ hours
Age 18 to 19:	600+ hours
Age 20+	700+ hours

Majority of hours are skiing, roller-skiing, running, and strength

Race Starts:	Age 16 to 17:	20+ starts per year
	Age 18 to 19:	30+ starts per year
	Age 20+	30-40 starts per year

Age 16 to 17	4+ Top international starts per year
Age 18 to 19	6+ Top international starts per year
Age 20+	8–12+ Top international starts per year

Includes 6-10 sprint starts per year for potential sprinters

Program Needs: Training with a quality coach and a strong group of athletes, 6-12 sessions per week, 48 weeks per year.

Purposeful and progressive training periodization and planning; week to week, month to month, year to year.

Frequent recovery monitoring and evaluation of progress.



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