



With Summer drawing to a close, a change of pace is noticed in the training of a competitive skier; and I am no exception to this rule. As far as the physical training goes, the ending of summer signals a switch to more ski specific training, away from biking and running, and towards activities such as rollerskiing and ski bounding. Mentally, with respect to training, the fall is a time of excitement (yes! the ski season is getting closer!), a time to refocus on getting in the best quality training possible, and a time to look back at the summer and decide what can be learned from the last long months of training.

For me, these last months of training have included many new experiences and new excitement. Fresh out of the off-season, I took part in a one-day road trip with two other Nakkertok skiers (Seb and Steffan) to Quebec City, for the Quebec Team testing camp (thanks to Aiden from CNEPH for the lodgings on such short notice!). Back in Ottawa, with 12 hours on the road completed, it was time for a couple weeks of solid training at home, and then another testing camp, this time with Nakkertok. The highlight of this camp was getting to do a VO2 max treadmill test at the Ontario High Performance Center in Toronto. For those of you unfamiliar with this test, it basically consists of wearing a crazy mask that monitors the volume of air you are breathing, while running until you can run no more on a treadmill. In fewer words: a whole lot of fun!

Moving on into July, and higher volume training, I completed my first true Quebec Team training camp in Tremblant. I got in some high quality training here with a couple 4 hour training days and a final training hour count at the end of the week of 22.5 hours! In August I continued on with the “lots of zone1” theme--traveling to a training camp in

Saint Ferreol Les Neige as a member of the National Talent Squad and then driving from Quebec down to Jericho Vermont for my second Quebec Team training camp. After these two long weeks of training I was happy to return to my home in Cantley for a well deserved week of rest.

Now, at the end of my rest week, I am looking forward to a fall of good training, getting back into school (it's that time of year. . .) and dreaming of falling snow.

Bon entrainment!!

--Zeke

