

HEIDEN WORKOUT

The following exercises were designed and used as part of a training program by Eric Heiden. The exercises themselves are excellent because they primarily use the same muscles we use when you skate.

To simplify describing these exercises it would be best if we understood a basic position used in most of them.



The Basic position is a 1/2 squat.

1. Head up
2. Feet shoulder width apart
3. You can rest your hands on lower back
4. Your legs are not quite 90 degrees.

Skating Position

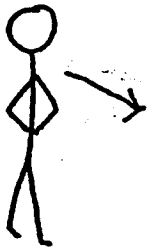
Note: Ideally and for best work-outs, you might like to have back parallel to ground.

SPEED SKATING EXERCISES

I. FORWARD FALLS

Starting Position

- From a standing position "fall" into position B.
- Then by pushing off of front leg, return to position A.
- Switch legs.

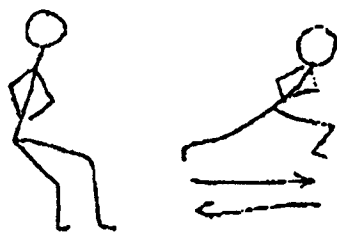


A.

B.

- Look for:
- 1) Good extension of back leg.
 - 2) Weight over front leg.
 - 3) Head up

II. KNEE TO CHEST



A.

B.

Look for: 1) Same as exercise I

Note: Do slowly at first as balance is initially tricky!

Note: In these exercises where you are working one leg at a time, do that one leg for $\frac{1}{2}$ the training time, then switch i.e. If training time is 30 sec., do 15 sec. on right leg then switch for 15 sec. on left leg.

III. LEG CIRCLES



A.

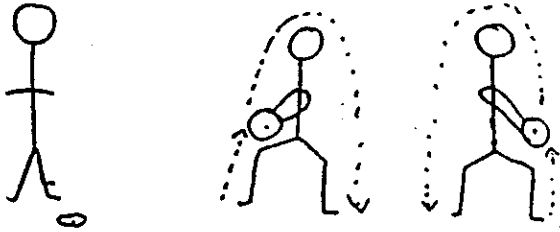
B.

Look for: 1) Same as I
2) Again balance is tricky. Do slowly at first.
3) Switch legs after $\frac{1}{2}$ of training time.

- Assume our skating position as in Position A.
- Take your right leg to an extended position. Touch the ground lightly for balance then return to skating position.
- Now do this so your right leg is like a piston.
- Do quickly, but with good extension.

Assume skating position. Bring right leg forward and simulate a skating stride by making a circle with right leg.

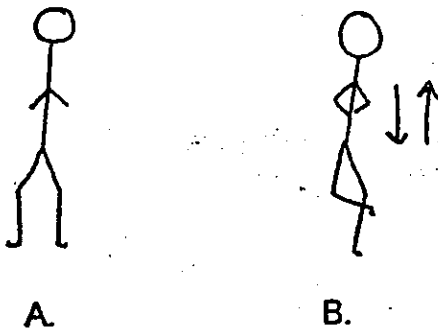
IV. OVERHEAD



-From a standing position with feet shoulder width apart, squat down picking up 5 to 10 lb. weight*.
-Lifting it over head you again squat down, touch the floor on opposite side of body.
Note: It is very important to keep entire foot on floor at all times with you body weight back on your heels. This forces you to use your quads.

- Look for:
- 1) Make sure feet are shoulder width apart.
 - 2) Again, keep weight on heels.
 - 3) *At first you do not even need a weight.

V. ONE LEG BENDS



-From standing Position A, tuck right leg behind left leg (Position B).
-Go down to position that is similar to our skating position. The difference being you are on one leg.
-Then return to Position A and repeat.
-Do $\frac{1}{2}$ of time on one leg then switch.

- Look for:
- 1) Balance is tricky, do slowly at first.

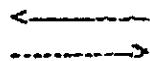
VI. SAILOR DANCE:



-From the skating Position A, take right leg and extend to side with heel down, toes up.
-From this position transfer position and weight to the other side of body.
-Do this quickly as possible side to side

A

13. Front view

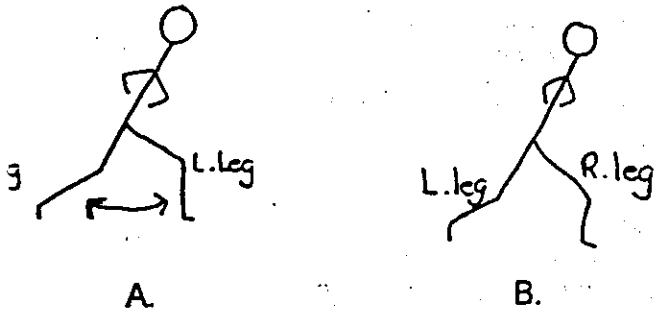


Look for:

- 1) Good extension.
- 2) Not too much upper body movement. Be smooth in weight transfer.

FIGURE 8 HOP

VII. LEG SWITCH

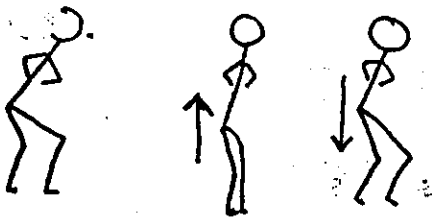


-By getting in Position B of Example I. you simply move back leg forward and vice-versa with a quick hopping motion.

-Legs simply switch position.

- Look for:**
- 1) Do not bring upper body too high when switching leg position. Be quick with your legs.
 - 2) Have good extension.

VIII. SQUATS

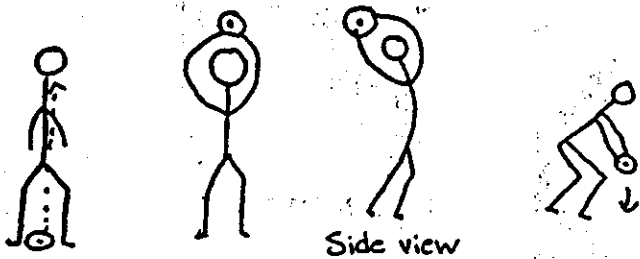


-Using the skating position move up and down as smoothly and quickly as possible.

-Move from A skating position to standing position and return to skating position.

- Look for:**
- 1) Keep weight on heels.
 - 2) Do not lock your knees on upward movement.

IX. OVER HEAD AND BACK

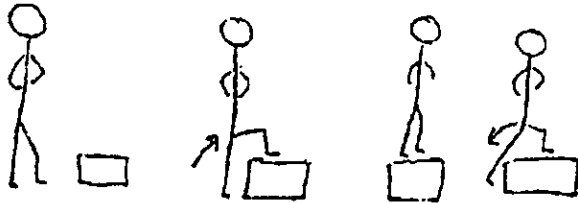


-Basically same exercise as exercise four.

-Only difference as you take weight over-head you stretch or arch back.

- Look for:**
- 1) Again keep weight on heels.

X. STEP UPS



- Do exactly what exercise says.
- Find a bench, steps or chair and simply step-up using one leg at a time.

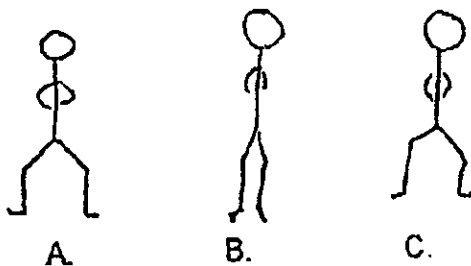
XI. STATICS



- This is a super exercise.
- From the skating position you simply perform quick hops lifting your feet off the ground at the same time.
- Maintain skating position at all times.

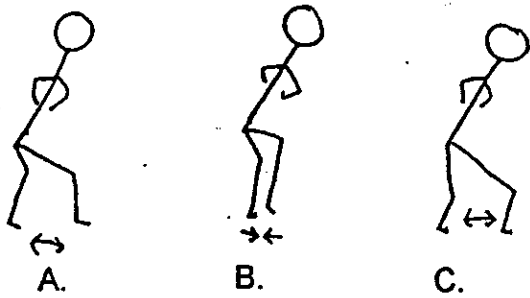
Look for: 1) Do not use your toes to hop. Lift entire foot off the ground at the same time. If anything, keep your weight on back of heels. Remember -- we want to work our quads.

XII. SQUAT AND HOLD



- Begin exercise in the skating position (A).
- Hold for five(5) seconds and then quickly stand up and return to down position (B and C).

XIII. OUT AND IN



- Begin exercise in skating position, but with feet wider than shoulder width(A).
- Bring feet in by hopping to a position where they are about six (6) inches apart (B).
- Return to Position A again by hopping.

Look for: 1) What you are actually doing is hopping from an out position to an in position and then returning out again.
2) Make the hopping action quickly and smoothly.

XIV. WALL SIT



- Self-explanatory
- Keep weight on heels for as long as possible.
- Unofficial world record is 31 minutes.

V. LEG KICKS

- Just an exercise to loosen up with.
- Stand next to wall and swing one leg back and forth.
- Switch legs.

Heiden, Eric Arthur (1958-), American ice skater, winner of an unprecedented five gold medals in speed skating at the 1980 Winter Olympics in Lake Placid, New York. He later became a professional bicycle racer.

Born in Madison, Wisconsin, Heiden began training as a speed skater with his sister Beth (also a 1980 Olympian) as a young teenager. He participated in the 1976 Winter Olympics at Innsbruck, Austria, but did not win a medal. After finishing fifth at the 1976 world speed-skating championships, he became the first American to win the world title in 1977 and repeated in 1978 and 1979.

One month before the 1980 Winter Olympics, Heiden won his fourth consecutive world championship, setting three world records. His dominance of men's speed skating continued through the Olympics, in which he broke one world record and captured the gold medals in the 500-m, 1000-m, 1500-m, 5000-m, and 10,000-m races. After the Olympics he refused numerous offers of commercial endorsements and turned to professional cycling.

"Heiden, Eric Arthur," Microsoft(R) Encarta(R) 98 Encyclopedia. (c) 1993-1997 Microsoft Corporation. All rights reserved.

Introduction, Explain position. Straight back, head up.
Who is Eric Heiden?

N/U. → 25 crunch, 10 p/u's, 10 back ext. x 2

- ↳ - slow squat
- 1 leg dip
- slow squat → explode ↑

* Wall sit, 25 crunch 20 d/p's, 10 p/u's

- Over heads
- Sailor dance
- Leg circles
- Lunges front, back

* Wall sit, 10 "V" sit 20 d/p's p/u or trid/p's

- Knee to chest
- Hula hoop or
 - * one leg hop
 - * side ↔ side
 - Fast
 - * Long jump

* Wall sit.

- Lunges - front + switch leg
- back + hop up.

- * Combinations - statics
- burpee
- switches

> over.

Powerblocks position 4, 3, 2. x 2

Abs bridging, V sit, Leg raises.