SUBMIT

Masters' Training Group Questionnaire

31-Jul-26

This questionnaire is to ensure applicants are aware of and intend to meet the demands of the Master Training Group by evaluating their performance goals, year round training consistency and commitment to improving skiing performance for competition.

NOTE: All participants are required to purchase the NTS general training plan developed by Andy Newell at an approximate cost of $17/month.

Name of Participant (first and last):

1. **Motivation for Joining** Please describe why you want to join the Masters Training Group and how it supports your long-term commitment to year-round training and competitive skiing.

2. **Season Goals** What are your performance and training goals for the upcoming season, specifically related to improving competitive skiing?
   a. **Performance goals:**

   b. **Training goals:**

3. **Summer Training Summary** Describe your summer training activities (intensity, strength, endurance). Include your typical weekly training hours to reflect your year-round training consistency.

4. **Training Intensity Tracking** Do you monitor training intensity or effort? If yes, explain the methods or tools you use. ◉ YES ○ NO

5. **Lactate Testing Interest** Are you interested in lactate testing as part of your performance development? ◉ YES ○ NO

6. **Technique Breakdown** Do you train in both skate and classic techniques? Please estimate how much time you dedicate to each and how this supports your competitive goals.

7. Any further comments or information you'd like us to know about your skiing goals?

For a program with reduced training demand check out Masters XC.

Please email completed form to: ppearce0@gmail.com