



CXC ACADEMY

Everything you want right in your browser.

Get Started Datasheet



*Central Cross Country
Ski Association*

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www.cxcskiing.org

CXC ACADEMY

With this 24/7 On Demand Coaching Service you can rest assured you'll get the exact training plan and support you want right now.

Choose with confidence

• **5-Day Free Trial.**

Enjoy the benefit of looking into some of the training plan samples for 5 days without any commitment.

• **Right Plan Promise.**

Our CXC Academy plan promise allows you to change your training plan at any time without having to re-subscribe, so if your needs change, so can your plan.

• **Ask CXC Academy.**

Not sure how to transition from one plan to another because of the change in circumstances? Have training-related questions specific to the plan? Then make use of our Ask CXC Academy feature to help you get back on track.



"CXC Academy is a huge project you guys have undertaken, very impressive!", skinnyski.com

"CXC Academy.com is one of the best things to happen to XC skiing in the United States. While it is a huge project for CXC to run, anyone who participates is truly rewarded with excellent training programs and technique examples", Birkie skier and coach from WI.

"You folks are awesome. I love your CXC Academy! I really get a lot out of the video clips that you have been showing" - female Birkie skier

CXC Academy is filled with educational, audio and video content available on demand from personal computers. All content is contributed by experienced professionals with expertise in training, technique, exercise physiology, nutrition, sports psychology and other aspects of training. Material is designed for both novices entering the sport and accomplished skiers with an objective of improving race times. Athletes are encouraged to follow their individual curiosities and learn from some of the country's leading experts.

Become a member

CXC Academy offers two options for subscription:

- *Monthly Membership* and
- *Annual Membership*

Pricing

The pricing is flexible. You can pay by the month or choose to pay an annual subscription fee. The choice is yours. All of our subscription options are currently set up through PayPal - a secure subscription e-payment service that facilitates worldwide e-commerce. If you decide to terminate the service, you'll be billed for the current month only. Monthly service charges are not refunded if service is terminated before your billing cycle (usually 28 days) ends.

Savings

The thrill of the 2009/2010 Season at 2009/2008 prices. It's like getting more than 4 months FREE if you subscribe for the entire season. Subscription options begin at just \$14.95 per training period/month. New Annual Membership subscribers save \$60 off single subscription prices.

**A new subscriber is defined as someone who has never subscribed or a subscriber returning after a lapse of one or more seasons.*

Service

Email support@cxccademy.com

Make the difference

Central Cross Country Ski Association is the backbone of this project. CXC designs high quality programs for youth, juniors, seniors and master/citizen skiers. CXC Academy is the conduit for distributing this knowledge to skiers at all levels. Subscriptions revenue provides only half the funds needed to produce the CXC Academy's season. Generous contributions help make up the difference between subscription income and our costs. In recognition of your support, the CXC Academy is pleased to offer a gift as an expression of our appreciation. For more information, please visit <http://www.cxcskiing.org/FoXC.htm> or email support@cxccademy.com with "**Become a Friend of Cross Contry**" in the subject line.

Join

Become a member of the community of individuals who are committed to their own and CXC Academy's success. By joining with us you will ensure our ability to present year-round training opportunities for the entire region.

Choose or change your plan to fit your needs.

Minimum Hardware Requirements

• What you need.

To ensure an appropriate viewing experience you need the minimum hardware configuration detailed below.

Hardware

- Windows
Windows XP SP2 or Windows Vista Ultimate Edition
Intel® Pentium® III 1.5GHz or faster processor
512MB RAM
- Macintosh
Mac OS 10.4.8 or higher (Intel and PowerPC)
Intel Core2 Duo 1.83GHz, PowerPC® G4 1.0GHz or faster processor
512MB RAM

• Important Note.

The video player is able to intelligently detect a number of things including bandwidth and CPU, and then adjust to give each user the best possible viewing experience. If you are noticing a less than ideal performance on one computer only, it is likely that the machine is underpowered. To improve your viewing experience you'll want to make sure your computer is running with the latest version of Flash.

• Latest Flash Player Download Links.

- Check which version you have
http://www.adobe.com/go/tn_15507
- Get the latest version
<http://www.adobe.com/products/flashplayer>

We strongly encourage our website visitors to consider testing their viewing experience by playing the videos on the home page before signing up for the program.



Individual Training Plan Samples

As a member you will gain access to all of the training plan samples per training period. This will allow you to comfortably change training plans if one is required due to some schedule, work or other conflicts.

Based on 250 Training Hours a Year

This training plan sample is based on 250 hours a year or an average of 5 hours per week. Any skier who is new to cross country skiing or have been cross country skiing for 1-2 years is advised to follow this plan.

Based on 400 Training Hours a Year

This training plan sample is based on 400 hours a year or an average of 8 hours per week. Top 50 High School Championships skiers or Top 30 College Regional Championships skiers or Birkie skiers from wave 3 and up are advised to follow this plan.

Based on 550 Training Hours a Year

This training plan sample is based on 550 hours a year or an average of 11 hours per week. Top 10 High School Championships skiers or Top 10 College Regional Championships skiers or Birkie skiers from Elite to Second Wave are advised to follow this plan.

Starting in October (2009)

The following training plan samples will be added to the list:

American Birkebeiner Training Program (6 Training Periods)

This training plan is designed for multi sport master skiers interested in participating in the American Birkebeiner and other marathon races. Simple workout structure will provide anyone with the basic frame work to maximize training time.

High School Racing Training Program (5 Training Periods)

This training plan is designed for multi sport high school athletes and their coaches. It provides a sample of a season overview and weekly progressions toward High School State Championships, Junior Olympic Qualifiers, Korteloppet and Junior Olympics.

CXC Academy 5-Day Free Trial offers PDF downloads of every type of training plan samples listed above as well as additional Video Extras.

Watch video extras to supplement your training and further your education.

Since the launch of the CXC Academy in May of 2008 we have produced and published over 65 video extras with interviews, technique presentations, training tips, equipment demonstrations and much more. This Online Video Library is there for all of our users 24/7 to supplement their training routines. As always, with each period we will be adding something new, depending on the time of year the training period falls into. There will be new training week samples, expert interviews, videos on waxing, technique and more.

"After Spencer attended REG camp this summer and having his VO2 tested for a bench mark, we purchased CXC Academy training plan in hopes of greater improvements. He just recently had another VO2 max test using the same equipment and parameters.

*Here are some great results:
Starting VO2 increased from 6.9 to 10.9
AeT increased from 23.1 to 39.3
AT increased from 46.9 to 48.8
Peak VO2 increased from 53.9 to 60.1
Max heart rate increased from 206 to 209*

Spencer was quite excited to see these numbers but knows he still must work hard, he knows the training plan has made a difference", junior coach from Canada.