



## Effective training and psychological approach to young cross-country skiers

### 2<sup>nd</sup> Workshop – Mürzzuschlag, 6-8 April 2018

Hotel Winkler, Stadtplatz 3, 8680 Mürzzuschlag

<http://www.restaurant-winkler.at/index.php>

### PROGRAMME

Friday - 6 April 2018		
16:00 – 18:00	Arrival of the participants, accommodation	All
18:00 – 19:00	Dinner	All
19:00 – 20:00	<b>Kick-off meeting, Getting together</b>	All
20:00 – 21:00	<b>City orienteering race</b> (with headlamps)	All

SATURDAY - 7 April 2018		
7:15 – 8:15	Breakfast	All
8:30 – 12:30	<b>Training sessions (depending on weather and snow conditions)</b> <ul style="list-style-type: none"><li>• Option 1: (perfect weather conditions necessary) Skating on Raxalpe <a href="https://www.raxalpe.com/de/die-rax-seilbahn">https://www.raxalpe.com/de/die-rax-seilbahn</a></li><li>• Option 2: (if there is still snow in the valley) Skating on the tracks in Lahnsattel</li><li>• Option 3: (without snow): Skating tour on roller skis: from Mürzzuschlag to Mitterdorf im Mürztal - 17,2 km one direction (optional back with the train)</li></ul>	All

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13:00 – 13:30	Arrival back to Hotel Winkler	
13:30 – 14:30	Lunch	All
15:00 – 16:30	<b>Sport psychology</b> (Hotel Winkler)	All
17:00 – 19:00	<b>Swimming or sauna</b> <a href="http://www.vivax.at/menue-links/home/">http://www.vivax.at/menue-links/home/</a>	All
19:30 - 20:30	Dinner	All
20:30 – 21:30	<b>Evening programme</b> Option 1: Social games Option 2: Meeting with an Austrian Worldcup skier	All

SUNDAY - 8 April 2018		
8:00 – 8:30	Breakfast	All
9:00 – 12:00	<b>Training sessions (depending on weather and snow conditions)</b> <ul style="list-style-type: none"> <li>Option 1: Imitation - mountain hike <a href="https://www.bergfex.at/sommer/steiermark/touren/wanderung/35605,scheibe-muerzzuschlag/">https://www.bergfex.at/sommer/steiermark/touren/wanderung/35605,scheibe-muerzzuschlag/</a></li> <li>Option 2: Skiing on Lahnsattel (if there is still snow)</li> <li>Option 3: (perfect weather conditions necessary) Skating on Raxalpe <a href="https://www.raxalpe.com/de/die-rax-seilbahn">https://www.raxalpe.com/de/die-rax-seilbahn</a></li> </ul>	All
12:00 – 12:30	Arrival back to Hotel Winkler	
12:30 – 13:30	Lunch	All
13:30 – 15:30	<b>Presentation and discussion</b>	Coaches

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13:30 – 15:30	Children-Olympic-Games	Children
16:00 – 18.00	Departure	All

### Further information:

- ❖ How to get to Mürzzuschlag?  
<http://www.muerzzuschlag.at/stadt/home.html>
- ❖ Accommodation in Hotel Winkler  
<http://www.restaurant-winkler.at/index.php>

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