

Roller Ski Themed Workshops, University of Lancashire 2026

A number of the UCLan Roller Ski lessons at the start of 2026 will include cross-country skiing themed session in the second hour slot (11:30-12:30). These sessions introduce topics to help you move beyond learning technique to become a better all-round cross-country skier on roller skis and snow.

7 February 2026

Title: Skiing with Energy and Economy

Led by: Mike

Description: This workshop aims to teach the most economical technique and tempo for given conditions/gradients. It will show you how to ski efficiently, execute effective transitions to sustain momentum, work with your heart rate and know when and where to moderate effort.

21 March 2026

Title: Balance and Agility for Cross-Country Skiing

Led by: Alistair

Description: This workshop focuses on improving balance, agility and body control, which are essential for efficient and effective cross-country skiing. The exercises will help you build the necessary muscle coordination, stability and quick reflexes needed to navigate varying terrains, maintain proper technique and enhance overall performance.

25 April 2026

Title: Spice up your Summer Ski Training

Led by: Ros

Description: This workshop offers ideas on how to make your summer training more interesting and more effective, whether at the University of Lancashire open track sessions or on your local cycle tracks. It will encourage you to work your technique in multiple ways by practising at different speeds, moving in non-linear patterns, making the most of uphill and downhill, and experimenting with interval training.