

# Two Skate

Third gear, used in easy terrain with high speed. Only one pole plant per cycle like offset. The timing of the one pole plant is basically the same as in one skate where we set down the poles while in full balance on one ski.

## Summary

- Timing of the repositioning of the arms with the leg push is critical.
  - Tall body position and pole tips are relatively far in front of the foot at the pole plant.
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## Body position

### A - Power position

Pressure on the front half of the foot. Body tall with angles in the ankle, knee and hip result in a forward leaning upper body and lower leg with the hips straight over the foot. The main push both with the leg and arms comes through the power position.

### B - Power line

The V-angle between the legs is relatively small in this technique due to high speed. The power line is a vertical line between the nose, knee, and toes at the pole plant. The weight is fully on the glide ski. Maintaining the integrity of the powerline in the core as much as possible throughout the cycle is critical. Under acceleration or climbing, the power line shifts onto the inside edge of the ski sooner during the cycle.

### C - Ski lift

Moment in time when the weight/COM is fully transferred from pushing leg to glide leg. The most frequent mistake here is the weight remaining on the pushing leg too long, resulting in a non-ideal repositioning phase.

## Timing

### A - Pole plant

Only one pole plant per cycle, and the preparation phase becomes very important to get the most out of the pole push. Tall forward leaning body with front foot pressure. The hands are usually a little further away from the body than in one skate, and pole tips are planted further in front of the boot at pole plant.

### B - Leg kick/push

Both pushes last longer than in one skate due to higher speeds and longer glide time. On the non-poling side we can use repositioning movements of the arms to get an even stronger push, similar to how we reposition the arms while kicking in the kick double pole.

### C - Reposition phase

Time the repositioning of the arms together with the leg push on the second leg. Just like a standing long jump the athlete can get more power by swinging the arms at the same time as the leg push.

