Skate poling techniques from the US Ski Team

1. Double Pole: Most Skating Poling techniques stem from a proper Double Pole
2. V2 Skate Poling and drills: Second gear. Used in flat to uphill’s
3. V2 alternate Skate Poling and drills: Third gear. Used in gradual terrain where V1 and V2 would over rev the engine
4. V1 Skate Poling and drills: First gear. Used for climbing steeper hills