

May 11, 2020

Lausanne, Switzerland

“Keep Training!” Short Track & Speed Skaters!

The ISU [Centers of Excellence \(CoE\)](#) are pleased to announce that the Speed Skating and Short Track Speed Skating “Keep Training!” sessions, featuring professionals in the domain, begin on May 11, 2020, on the [Skating ISU YouTube Channel](#).

It is now the turn of the Speed Skaters and Short Track Speed Skaters to Keep Training! Offered by ISU Centers of Excellence (CoE), some of the best coaches, champions and specialist in sport psychology and mental performance will be providing free online training for athletes and coaches to prepare even though they [#StayHome](#).

The ISU CoEs present both practical online training classes of Dryland & Strength, Flexibility & Tai Chi Movements and a theoretical webinar about Goal Setting which is fundamental for everybody in the community. These training classes are suitable for skaters of all levels and everyone is invited to join in.

It is an opportunity for followers to share a special live training moment, with highly-qualified coaches and maybe some of their favorite athletes. As part of the [#UpAgain campaign](#), the ISU is providing tools so that we can all get [#UpAgain](#) together. You can find out more about the other initiatives by visiting the [#UpAgain page](#), which also includes tips from the athletes themselves on training, cooking and more.

Join the training from **May 11 - 15, 2020 at 17:00 CEST** on [Skating ISU YouTube Channel](#). You will find the full schedule and details of the courses below.

Join us online, stay healthy and keep fit!

ISU CoE (Short Track Speed Skating and Speed Skating) Virtual Training Sessions:

Date & Time (CEST)	Hosting CoE	Hosting Coach	Name of Exercise	Equipment Required/ Notes
11.05.2020 17:00-18:00	Salt Lake City CoE	Wilma Boomstra - Head coach of US Speed Skating & Short Track National Team	Dryland Training	Live
12.05.2020 18:00-19:00	Calgary CoE	Alayne Hing - Specialist in Sport Psychology & Certified Mental Performance Coach	Webinar Goal-setting Fundamentals	Live
13.05.2020 17:00-18:00	Calgary CoE	Remmelt Eldering - Olympic Coach, coaching gold medalist Mark Wild - National Coach	Slide board, Dryland and Strength Including instructions on how to build an inexpensive slide-board at home	Live
14.05.2020 17:00-18:00	Heerenveen CoE	Simon Kuipers - Head coach CoE Heerenveen; two-time Olympic participant; Olympic medalist Manon Spruit - Assistant Coach	Dryland Training	Recorded Chalk (or training ladder), training mat

15.05.2020 17:00-18:00	Beijing CoE	Bai Xue - National Elite Level Athlete; National Medalist Ran Qianxin - World Taijiquan Champion; performer at the Opening Ceremony of 2008 Olympics	Flexibility training & Tai Chi Movements	Recorded
---------------------------	-------------	---	--	-----------------

Subscribe to the [ISU Newsletter](#) to receive the latest information from the ISU and you can also subscribe to the [Skating ISU YouTube Channel](#) to receive notifications when live streams or new videos are published.

Stay connected with the ISU Social Media:

YouTube: [Skating ISU](#)

IG: [@ISUFigureSkating](#) / [@ISUSpeedSkating](#)

Facebook: [@ISUFigureSkating](#) / [@ISUSpeedSkating](#) / [@ISUShortTrackSpeedSkating](#)

Twitter: [@ISU_Figure](#) / [@ISU_Speed](#)

About the International Skating Union

The International Skating Union (ISU), founded in 1892, is the oldest governing international winter sport federation and the exclusive international sport federation recognized by the International Olympic Committee (IOC) administering the sports of Figure Skating (Single & Pair Skating and Ice Dance), Synchronized Skating, Speed Skating and Short Track Speed Skating worldwide. The objectives of the ISU are to regulate, govern, promote and develop its sports on the basis of friendship and mutual understanding between athletes. Currently three ISU disciplines are included in the Olympic Winter Games program (Figure Skating, Speed Skating and Short Track Speed Skating). For further information please visit isu.org.