



Classic or skating?

A small decision-making aid from our cross-country team:

Classic technique

The classic technique is **perfect for beginners** and easier to learn in the basic form than the skating technique, as it corresponds essentially to our walking movement or Nordic walking. At advanced level, the classic technique requires exact movements to achieve higher speeds and is therefore quite demanding.

Skating technique

The skating technique is suitable for **sporty beginners with a good sense of balance** for gliding on skis and a good sense of rhythm for using poles. The skating technique is more difficult to learn for beginners than the classic technique, because there is a certain minimum of speed required from the begin on. The skating technique is faster and more tiring than the classic technique.