



## Coachtech skiing variables, definitions

- CT (s)
  - Cycle time. Time from pole contact to next pole contact.
- Fr (1/min)
  - Frequency, amount of skiing cycles in minute. Lower frequency with submaximal speeds refers to more economic skiing. Higher frequency with maximal speeds enables faster skiing.
- CL (m)
  - Cycle length. Distance that the skier covers during one cycle. Longer distance refers to more economic skiing.
- PT (ms)
  - Poling time. Force production time of the poles.
- PI (cm/ms)
  - Poling index. Figures the amount of cycle length in centimeters, which can be achieved in one poling millisecond. Higher values refer to more effective poling.
- P%
- Poling percent. Relative amount of poling from the whole cycle.
- R%
- Recovery percent. Relative amount of recovery from the whole cycle.
- PSD L and R (ms), only V2-technique
  - Pole-Ski Difference. Tells time in milliseconds that it takes from pole contact release to next ski contact. Positive values indicate that ski is set to ground after pole release, negative values indicate that ski is set to ground before pole contact. Positive values indicate good timing of V2-technique.