



BC MASTERS UPDATE - October 2026

Did you feel that? The air has a bit of chill to it now. Suddenly your laundry has long-sleeved exercise shirts and maybe even some gloves in the mix. That familiar cool bite to the morning air means that we will soon be accepting that summer is ending and our chance to glide on snow-covered trails is close at hand. Fall is the perfect time to start prepping up for the ski season. Want some tips on how to make those first days on the snow easier and a little less stressful on the lungs and muscles? You came to the right place!



Wait, I Can Improve my Balance Now (and for free)?

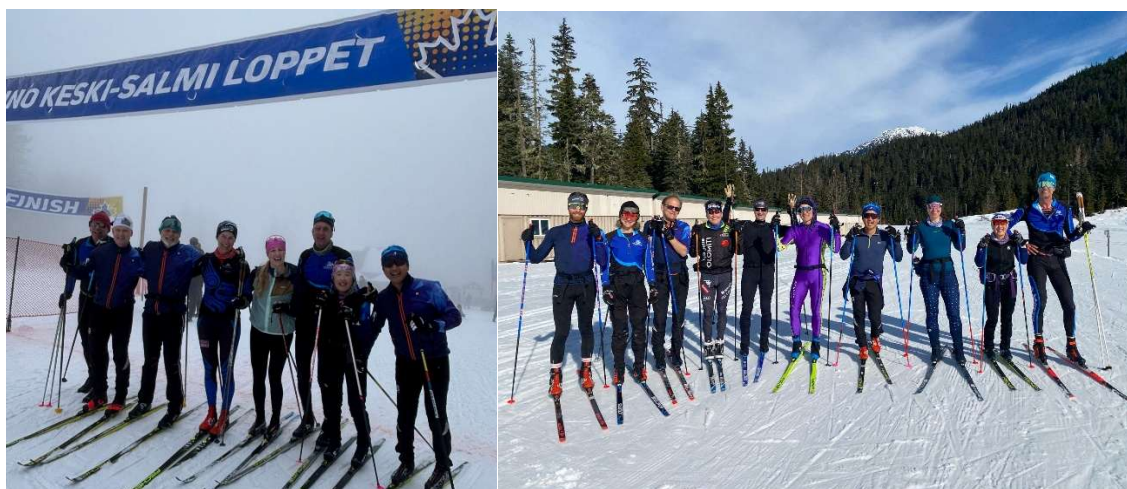
Nordic skiing is a sport that's done on one foot at a time, so improving balance is a natural place to start. Having better balance when you first put on your skis will make you more efficient and your skis will glide faster! Simple skiing-specific exercises, that anyone can do at home, will help improve a person's balance.

Hold a ski pose on one foot for 30 seconds or longer and do as many repeats as you have time or strength to manage. It's a simple approach and one that we can fit into our daily tasks. Do the dishes and kitchen clean up on one foot. Try brushing your teeth while holding your balance on one leg. Climb the stairs holding each step up for a 30 second period engaging the glutes. Move from a flat foot to a tip toe stance and back to flat as your balance improves.

Balance comes from the core and the glutes so adding a few strengthening exercises that focus on these two muscle groups will increase one-legged balance. In addition to the



suggestions above, use a stretchy band around your ankles while balancing on one leg and moving the other leg diagonally behind you will up the workload and further the challenge!



Be a Master at Playing the Long Game!

When planning your training each week, shift your focus away from ‘*volume*’ training and instead focus on ‘*intentional*’ quality-driven training. Most training should be done at sub-maximal effort (somewhere between 70 and 85% of max heart rate), but you should include some intervals and a bit of speed work each week instead of adding another long run or ride. As Masters, we should be adding resistance training twice a week to keep our muscles strong. Sprinkling in balance-focused mobility exercises also goes a long way. Be sure to build in good recovery as part of your weekly plan.

Our training as a Masters athlete should be centred around adaptation*. That is, we stress our bodies with training and then allow ourselves to recover. In this way, our bodies adapt to handle those stresses more easily going forward. In a single season, weekly/monthly cycles of effort and recovery help us to get stronger; strength and cardio fitness adaptation usually takes about 5 to 6 weeks, whereas neuromuscular fitness adaptation will take 8 to 16 weeks. Adaptation also takes place over many years - that’s the long game. We recognize that life is busy and it doesn’t always allow for a perfect approach to our training. Still, we can plot improvement over time by keeping the principle of adaptation in mind. Most critically, keep showing up! It’s the continued effort (on balance, strength, technique and fitness) that leads us to improve over the years. And nothing beats hearing from friends (old and new) how good we look on skis!

** Adaptation summary drawn from material from Andy Newell (Nordic coach, 4x Olympian)*



Team Canada Clothing – Order Deadline Extended to October 4th

Due to a short delay in getting the order page up and running, the order deadline for Team Canada clothing has been extended a few days until October 4th. Order your Team Canada gear via the following link: <https://zone4.ca/register.asp?id=42478>.



Upcoming Events

- Masters Training Camp at Sovereign Lake (2026 December 10-13). Registration opening September 30th (Look on Zone4.ca for BC Masters Winter Training Camp).
- 2027 Bill Gairdner Canadian Masters Championships (2027 February 11-14). Check the <https://soofinnishnordic.com/> website.
- Masters World Cup (Tromso, Norway) (<https://msm.no/en/masters-world-cup/>) (2027 Feb 26 – March 4). For more information contact Canadian Masters National Director at canadianmastersxcski@gmail.com.

Feature Your Club

- We love to showcase Masters athletes from all across the province. The photos in this update are from Vancouver-based Nordic Racers Ski Club. Please contact: bcmastersxcountry@gmail.com to share photos that showcase your club and venue.

For more information

- Consider joining BC Masters ([2026 BC Masters Registration](#)), which in addition to the newsletter gives you:
 - access to BC Masters events, training camps, and other exciting new developments.
 - membership into the Canadian Masters association, giving access to national team clothing, sponsor discounts, and national and international championships.