

**How To, When To, Why To: A Norwegian Model
Training Guide & Programs For Cross-Country Skiers
By Torbjorn Karlsen;Ruff Patterson**

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Katherine Gustafson is a freelance writer based in Seattle, Washington, who loves writing about small business and entrepreneurship. Her first book, Change Comes to

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Kristine Cannon is the Entertainment Editor for SheKnows. A graduate from Northern Arizona University with a B.S. in journalism, Kristine has always had a passion for

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The following videos and training guide are available from the manufacturer By Torbjorn Karlsen and Ruff Patterson. Cross Country Skiing Training Log

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