



INLINE & ICE SPEED SKATING · CLUBS · NATIONAL TEAMS

ELITE SPEED SKATING CAMP

Three to five days on the track, in the gym and in the classroom. New speed skating methods, taught with a scientific eye, for every age and every level.

3 · 4 · 5 DAYS

on your dates

ALL AGES

groups by age & level

KIDS → NATIONAL TEAM

from basic to elite

WHEELS · ICE

adaptable

CAMPS & WORKSHOPS

ON THE ROAD WITH SKATERS

From first strides to national teams.



COACHED FROM

Switzerland

Hungary

Slovakia

Czechia

Spain

Italy

Brazil

Venezuela

Colombia

**“THANK YOU FOR THE AMAZING ELITE SPEED
SKATING CAMP.”**

RKIC Košice · Dec 2025

CLUBS AND TEAMS I HAVE TRAINED

CAMPS IN PICTURES

Club groups, development squads and national teams in Europe and South America. Every group worked with the same method, adapted to its level.



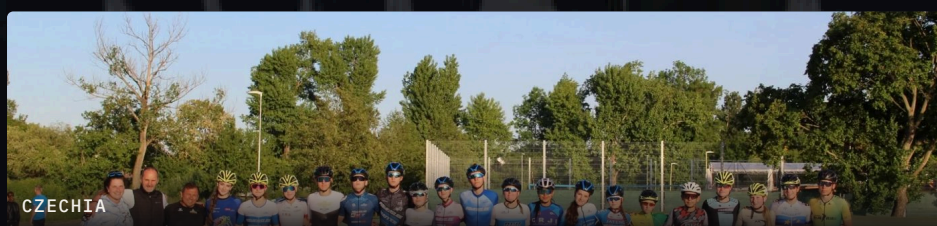
ITALY



SLOVAKIA • NATIONAL TEAM



HUNGARY • NATIONAL TEAM



CZECHIA



SPAIN



BRAZIL



VENEZUELA



COLOMBIA



THE IDEA

NEW METHODS, TAUGHT ON SKATES

Years of coaching skaters around the world, plus the science behind every correction. The goal: teach it to clubs everywhere.

3 days ESSENTIAL	4 days COMPLETE	5 days ADVANCED
----------------------------	---------------------------	---------------------------

GROUPS BY AGE AND LEVEL



HOW A CAMP WORKS

EVALUATE, TEACH, ADJUST, EVALUATE

3, 4 or 5 days. You choose the dates.



1 EVALUATE

Watch every group skate



2 TEACH

Methods, technique, strength



3 ADJUST

Correct session by session



4 EVALUATE AGAIN

See what changed

WHAT I LOOK AT

[Posture](#)[Knees](#)[Position](#)[Push](#)[Feet](#)[Edges](#)[Stability points](#)[Curve](#)[Speed](#)

WHAT I TEACH

ON THE TRACK, IN THE CLASSROOM



IN THE CLASSROOM

ENERGY SYSTEMS

Sprints, long races, the finish

BODY SYSTEMS

Circulatory, nervous, skeletal, muscular

NUTRITION

Around training and racing

PARENTS

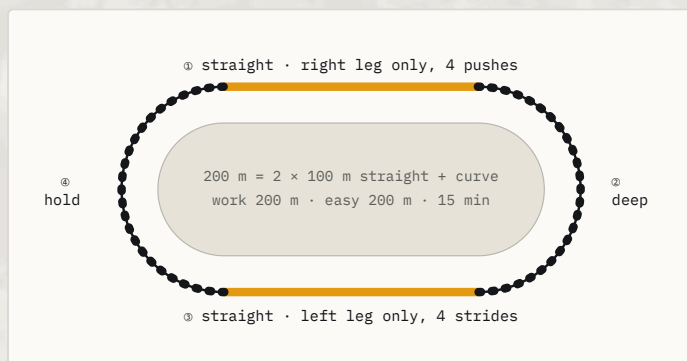
Supporting a young skater

COACHES

The method behind every drill

FIVE TECHNICAL MODULES

FROM POSITION TO THE CURVE



HOW SESSIONS ARE BUILT

- 1 Distances follow the 200 m track
- 2 Exact rests
- 3 Both legs, then speed
- 4 Bands, not parachutes
- 5 Speed stays speed
- 6 Every lift has a transfer

GYM · SPECIFIC STRENGTH

STRENGTH FOR THE **PUSH**

Every exercise copies part of the stroke.



1 · CORE + BAR



2 · ACTIVATION



3 · LIFT + TRANSFER



4 · ON SKATES

ON WHEELS, AND ON ICE TOO

BUILT FOR WHEELS, READY FOR ICE

Designed for 200 m inline tracks. Adaptable to an ice oval.



Ice camps on request

WHY IT WORKS

WHAT THE RESEARCH SAYS

01**SPEED COMES FROM THE PUSH**

Direction and timing of the push decide the stroke.

van der Kruk (2018)

02**AIR IS THE MAIN RIVAL**

A low position and the draft save energy.

Drafting studies, team pursuit

03**ENERGY SYSTEMS**

Start, breakaway and sprint use different systems.

Exercise physiology

04**STAGE, NOT AGE**

Train what each stage of growth needs.

Long-Term Athlete Development (2022)

05**STRENGTH MUST TRANSFER**

Lift, then jump, then skate fast.

Strength studies in skating

06**SAFETY FIRST**

Falls cause most injuries: gear and falling drills.

Inline skating injury reviews (2022)



YOUR COACH

DR. MANUEL MORENO

PhD Physical Activity Sciences • UPEL

MSc Sport Sciences • UAM Madrid

BEd Physical Education • U. Pamplona

Staff Switzerland • Slovakia • Hungary

Research talent in speed skating

HOW TO BOOK

1 • WRITE TO ME

Dates, skaters, ages, levels, venue

2 • PROPOSAL

Program and budget in 48 h

3 • GROUPS

By age and level, with the club

4 • THE CAMP

Evaluate • teach • adjust • evaluate

CONTACT

EMAIL

manuelmvillamizar@hotmail.com

WEB

mmperformancelab.com

INSTAGRAM • CAMP VIDEOS

[@dr.manuel_moreno](https://www.instagram.com/dr.manuel_moreno)

LEARN. SKATE WELL. SKATE FASTER.