



52 WEEKS OF SKATING



WEEK	CHALLENGE	PROGRESS	DONE	WEEK	CHALLENGE	PROGRESS	DONE
I	Skating Stance	<input type="checkbox"/>		27	Rotate Wheels	<input type="checkbox"/>	
2	Fall Safely	<input type="checkbox"/>		28	Glide Over Cracks	<input type="checkbox"/>	
3	On-Skate Squats/Lunges	<input type="checkbox"/>		29	Improve Your Stride	<input type="checkbox"/>	
4	Transitions (F>B)	<input type="checkbox"/>		30	Toe Stop Walks	<input type="checkbox"/>	
5	Bubbles	<input type="checkbox"/>		31	Endurance: 45 Minutes	<input type="checkbox"/>	
6	Plow Stops	<input type="checkbox"/>		32	Conquer an Incline	<input type="checkbox"/>	
7	T-Stops	<input type="checkbox"/>		33	Stretch After Skating	<input type="checkbox"/>	
8	Endurance: 15 Minutes	<input type="checkbox"/>		34	Faster Crossovers	<input type="checkbox"/>	
9	Agility: Weaving	<input type="checkbox"/>		35	Manuels	<input type="checkbox"/>	
I0	Crossovers	<input type="checkbox"/>		36	Wash Your Gear	<input type="checkbox"/>	
II	Skate Somewhere New	<input type="checkbox"/>		37	Refine Your Stride	<input type="checkbox"/>	
I2	Smoother Transitions	<input type="checkbox"/>		38	Skate Backwards Faster!	<input type="checkbox"/>	
I3	Skate With a Friend	<input type="checkbox"/>		39	Backwards Crossovers	<input type="checkbox"/>	
I4	Create a Skate Playlist	<input type="checkbox"/>		40	Shoot the Duck	<input type="checkbox"/>	
I5	Endurance: 30 Minutes	<input type="checkbox"/>		41	Jumps!	<input type="checkbox"/>	
I6	Skate Maintenance	<input type="checkbox"/>		42	Toe Spins	<input type="checkbox"/>	
I7	Faster Stops	<input type="checkbox"/>		43	Side Surf	<input type="checkbox"/>	
I8	One-Footed Glides	<input type="checkbox"/>		44	"The Other Side"	<input type="checkbox"/>	
I9	Backwards Bubbles	<input type="checkbox"/>		45	Jump Off a Curb	<input type="checkbox"/>	
20	One-Foot Backward Bubbles	<input type="checkbox"/>		46	Moonwalk!	<input type="checkbox"/>	
2I	Backwards Skating	<input type="checkbox"/>		47	Lead a Group Skate	<input type="checkbox"/>	
22	Turn-Around Toe Stops	<input type="checkbox"/>		48	Find a New Skate Spot	<input type="checkbox"/>	
23	Transitions (B>F)	<input type="checkbox"/>		49	Try a 360!	<input type="checkbox"/>	
24	Accelerate/Decelerate	<input type="checkbox"/>		50	Record Some Skills	<input type="checkbox"/>	
25	Agility: Weaving	<input type="checkbox"/>		5I	Waltz Jump	<input type="checkbox"/>	
26	Hops!	<input type="checkbox"/>		52	Hill Bomb	<input type="checkbox"/>	



52 WEEKS OF SKATING

Week 1: Skating Stance

Stand with knees bent, shoulders relaxed, and weight centered over your skates for stability.

Week 2: Fall Safely

With safety gear on, learn to fall forward onto knees rather than straight down or backward.

Week 3: On-Skate Squats/Lunges

Build leg strength and stability by squatting or lunging while holding a steady position.

Week 4: Transitions (Forward to Backward)

Rotate your hips and feet to smoothly shift from skating forward to gliding backward.

Week 5: Bubbles

Push toes out then in to create a smooth, oval-like shape. Use this movement to skate forward!

Week 6: Plow Stops

Widen stance slightly, point toes slightly inward, and angle your feet out to the side, creating friction with the ground to slow down and stop.

Week 7: T Stops

Bring back foot behind front foot, placing it down at a roughly 90-degree angle to create a "T" shape with your feet. Use the outer wheels of the back foot to create friction and slow down.

Week 8: Endurance

Skate continuously for 15 minutes!

Week 9: Weaving

Slalom around cones or other markers.

Week 10: Crossovers

Step outer foot over the inner foot in a curve.

Week 11: Skate Somewhere New

Try a fresh location like a new trail or rink.

Week 12: Smoother Transitions

Work on turning from forward to backward skating at speed.

Week 13: Skate With a Friend

Roll with a buddy!

Week 14: Create a Skate Playlist

Curate music that matches your skating rhythm, then try it out.

Week 15: Endurance

Skate nonstop for 30 minutes!

Week 16: Skate Maintenance

Learn to clean your bearings!

Week 17: Faster Stops

Practice stopping techniques at higher speeds.

Week 18: One-Footed Glides

Balance on a single foot while rolling.

Week 19: Backwards Bubbles

Push heels out then in to create a smooth, oval-like shape while rolling backwards.

Week 19: Backwards Bubbles

Push heels out then in to create a smooth, oval-like shape while rolling backwards.

Week 20: One-Foot Backwards Bubbles

Push one heel out then in to create a smooth, half-oval shape. Repeat on opposite leg.

Week 21: Backwards Skating

Increase speed of your one-foot bubbles until you're striding backwards!

Week 22: Turn Around Toe Stops

Do a forward to backward transition, then slowly put a toe stop down until you come to a stop.

Week 23: Transitions (Backward to Forward)

Rotate your hips and feet to shift from skating backward to forward.

Week 24: Accelerate/Decelerate Quickly

Focus on speeding up and using one of your stop techniques to slow yourself down quickly.

Week 25: Weaving

Increase your weaving speed around cones or other markers.

Week 26: Hops!

Practice tiny jumps over cracks or lines.

Week 27: Rotate Wheels

Swap your wheels so they wear evenly.

Week 28: Glide Over Cracks

Roll over small pavement cracks to improve confidence on rough surfaces. Try it at speed!

Week 29: Improve Your Stride

Focus on pushing evenly and fully extending each leg.

Week 30: Toe Stop Walks

Walk on your toe stops in place, forward, backward, and side-to-side.

Week 31: Endurance

Skate continuously for 45 minutes.

Week 32: Conquer a Small Incline

Roll up and then down a gentle slope.

Week 33: Stretch After Skating

Cool down with basic leg and hip stretches.

Week 34: Faster Crossovers

Increase speed while crossing over.

Week 35: Manuals

Lift your front or back wheels while rolling.

Week 36: Wash Your Gear

Toss pads in the washing machine and sanitize your helmet!

Week 37: Refine Your Backwards Stride

Focus on making your pushes smoother while skating backward.

Week 38: Faster Backward

Increase your backward skating speed, working on stability and quick footwork in reverse.

Week 39: Backward Crossovers

Try to do backward crossovers in a curve.

Week 40: Shoot the Duck

At speed, crouch down low on one leg with the other extended in front of you. Glide!

Week 41: Jumps!

Work on approaching a small obstacle at speed and jumping over it.

Week 42: Toe Spins

Rotate on your front wheels for small spins.

Week 43: Side Surf

Skate sideways heel-to-heel to improve edgework.

Week 44: Work On Your Bad Side

Practice turns, stops, or other skills on your non-dominant side.

Week 45: Jump Off a Curb

Roll to a low curb and hop off!

Week 46: Moonwalk

Shift weight to one foot while lightly raising the other. Glide backward, transferring your weight to the raised foot as you proceed.

Week 47: Lead a Group Skate

Take the lead in a small group session, setting the route and the pace.

Week 48: Find a New Skate Spot

Seek out another fresh location!

Week 49: Try a 180 Hop

At speed, try to jump in a half circle and land with both feet on the ground.

Week 50: Record Some Skills

Film your skating to see how far you've come!

Week 51: Waltz Jump

Try a small, graceful jump while gliding on one foot, landing on the opposite foot in the opposite direction.

Week 52: Hill Bomb

Roll down a moderate hill, working to "slalom" from side to side instead of rolling straight down.

