DR. MANUEL MORENO
MM PERFORMANCE LAB

ENGLISH ESPAÑOL



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

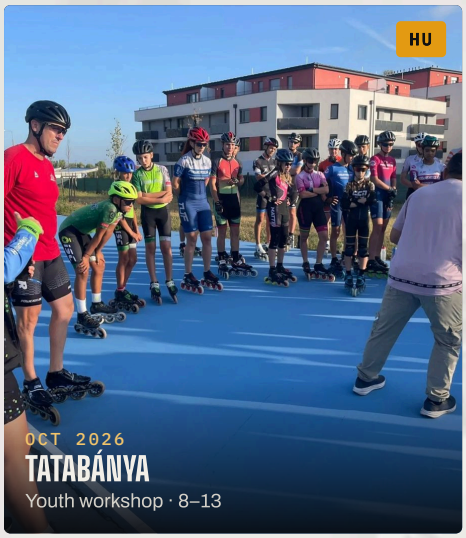
KIDS → NATIONAL TEAM
from basic to elite

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

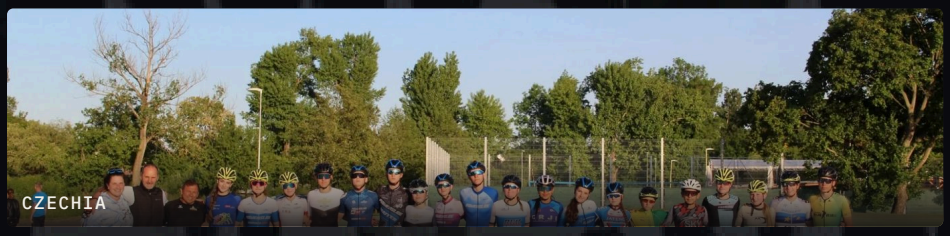
Club groups, development squads and national teams in Europe and South America. Every group worked with the same method, adapted to its level.

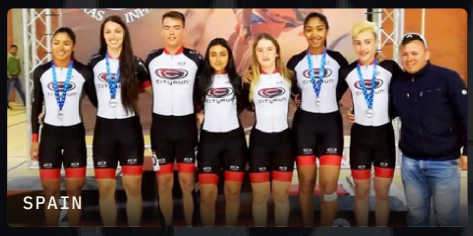

ITALY


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	4 days	5 days
ESSENTIAL	COMPLETE	ADVANCED

GROUPS BY AGE AND LEVEL











HOW A CAMP WORKS

EVALUATE, TEACH, ADJUST, EVALUATE

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









WHAT I LOOK AT

- Posture
- Knees
- Position
- Push
- Feet
- Edges
- Stability points
- Curve
- Speed

WHAT I TEACH

ON THE TRACK, IN THE CLASSROOM



POSTURE & KNEES
Stable and strong



BODY POSITION
Balance, less air



THE PUSH
Direction and timing



FOOT PLACEMENT
Under the body



EDGES
Stability points



CURVE TECHNIQUE
Lean and crossovers



SPEED
How it is lost, how it is won



STRENGTH
Into a faster stroke

IN THE CLASSROOM

ENERGY SYSTEMS	BODY SYSTEMS	NUTRITION	PARENTS	COACHES
Sprints, long races, the finish	Circulatory, nervous, skeletal, muscular	Around training and racing	Supporting a young skater	The method behind every drill

FIVE TECHNICAL MODULES

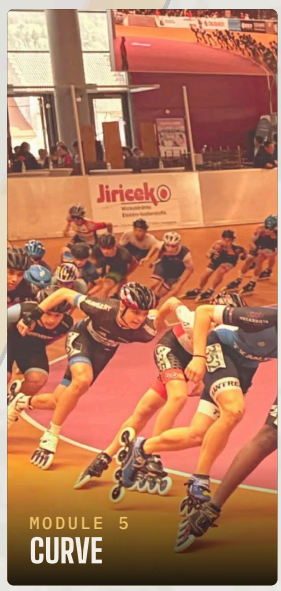
FROM POSITION TO THE CURVE

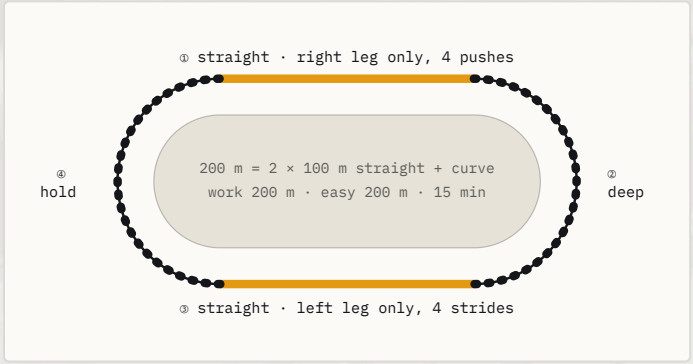












HOW SESSIONS ARE BUILT

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.



TRACK · TATABÁNYA



RACE · GEISINGEN



RACE CURVE



SLOVAKIA · ON ICE



INZELL · HUNGARY



ICE · CURVE

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

LEARN. SKATE WELL. SKATE FASTER.

MANUEL MORENO
PERSONAL TRAINER