
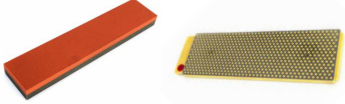












## Additional Equipment

<b>Sharpening</b>	<b>Skate Jig</b>	<b>Stones</b>	<b>Burr Stones</b>	<b>Oil, Water, Rag, and Towel</b>
				
	Speak to your coach about what type of jig would be the best fit for you before purchasing.	You can use either natural stones or diamond stones (or both) to sharpen your skates. Both types of stones need to be cared for and maintained.	It's good to have multiple burr stones. Again you can use either natural or diamond (or both).	You will need either water (for diamond stones) or oil (for natural stones), a rag for your burr stone, and a towel to wipe your blades off with.
<b>Off-ice Training</b>	<b>Inline skates</b>	<b>Road bike</b>	<b>Weight lifting shoes</b>	<b>Running/Training Shoes</b>
		 <small><a href="https://www.specialized.com/us/en/roubaix-expert-ultra-di2/p/128894?color=240084-128894">https://www.specialized.com/us/en/roubaix-expert-ultra-di2/p/128894?color=240084-128894</a></small>	 <small><a href="https://www.nobullproject.com/products/lifter-mens?variant=23640322755">https://www.nobullproject.com/products/lifter-mens?variant=23640322755</a></small>	 <small><a href="https://www.underarmour.com/en-us/womens-usa-how-sonic-connected-running-shoes/pli3000094-603">https://www.underarmour.com/en-us/womens-usa-how-sonic-connected-running-shoes/pli3000094-603</a></small>
	Inline skates may be used for off-ice training during the warmer months, and at various times throughout the season.	Biking is great cross-training, and is used at many levels to enhance training.	It can be a good idea to invest in weight lifting shoes for proper support while lifting.	Be sure to get properly fitting running/training shoes. Different types of feet need different types of support.
<b>Other Items</b>	<b>Extra blades</b>	<b>Tools</b>	<b>Extra Pieces</b>	<b>Other Accessories</b>
				
	Once you start traveling (and maybe even before) you should have an extra pair of blades if possible. Make sure they are the right size and bridge spacing.	You should have the type of wrench you need to adjust your skates. A blade gauge and bender may also be a nice addition to keep your skates in tiptop shape.	It's always a good idea to have some extra laces, springs, nuts/bolts, and cups (all fitting for your set-up) on hand, just in case.	Skate guards, blade soakers, a turn belt, and a turn cable are all good investments as you progress in speed skating.

\*Pictures from <https://www.cascadespeedskates.com> unless otherwise specified

**Speak to your coach if you have any questions about equipment**