

# An Analysis of the Reasons for the Rise of the Xinjiang Speed Skating Team after Being Trained and Arranged by Korean Coach Li Zaizhi

Yong Fu

Xinjiang Winter Games Management Center  
Urumqi, China 830011

Juerui Wang

Department of Physical Education  
Xinjiang University  
Urumqi, China 830046

**Abstract**—In 2012, 6 members of Xinjiang speed skating team participated in the Twelfth National Winter Games, and the iceman Gekhanbay won the ninth in the men's 5000-m race that was their best result. In 2016, Xinjiang hosted the thirteenth winter games, and the Xinjiang speed skating team won the gold medal of Men's Team Chase, which is the first gold medal of winter games for the 25 years. Zhou Bin is the 3000m national record holder (3 minutes and 46 seconds); Almas is the 5000m National Record Holders (6 min 24 sec 9). In 2010, after the exchange on the Asian ice skating Association, Korean skating coach Li Zaizhi (international senior coaches) came to Xinjiang for coaching the skating team. In a short span of six years, he promoted the Xinjiang skating team and made a lot of good results, especially he led the Xinjiang skating team to get outstanding achievements in the three-person chase and participate in the world competition on behalf of China for many times, top listed in the national skating circle. With the success of 2022 Beijing and Zhangjiakou Olympic bids, we need more outstanding athletes to win gold and silver medals, so we analyze the Korean Li Zaizhi's training program in the speed skating coaching to find the reasons of Xinjiang speed skating team to win outstanding achievements, and further accumulate some experience for the construction and training of Xinjiang skating team and China skating team, and give reference for cultivation of more excellent athletes in China and learning of the advanced training concept.

**Keywords**—training plan; Xinjiang speed skating team; rise

## I. INTRODUCTION

Xinjiang speed skating team appointed Korean speed skating coach Li Zaizhi and took efforts in two sessions of the National Winter Games, to finally make a breakthrough in the long distance project and win the gold medal in the thirteenth winter game. At the same time the number of pothunters has also increased significantly, especially the number of Xinjiang native athletes. The athletes trained by Coach Li Zaizhi in Korea have won three gold medals at this year's Asian Winter Games. By comparing and analyzing the results of Xinjiang speed skating team in the two sessions of winter games, the Xinjiang team has got obvious progress.

In 2012, 6 members of Xinjiang speed skating team participated in the Twelfth National Winter Games, and the

iceman Gekhanbay won the ninth in the men's 5000-m race that was their best result. In 2016, Xinjiang hosted the thirteenth winter games, and the Xinjiang speed skating team won the gold medal of Men's Team Chase, which is the first gold medal of winter games for the 25 years. Zhou Bin is the 3000m national record holder (3 minutes and 46 seconds); Almas is the 5000m National Record Holders (6 min 24 sec 9). In 2010, after the exchange on the Asian ice skating Association, Korean skating coach Li Zaizhi (international senior coaches) came to Xinjiang for coaching the skating team. In a short span of six years, he promoted the Xinjiang skating team and made a lot of good results, especially he led the Xinjiang skating team to get outstanding achievements in the three-person chase and participate in the world competition on behalf of China for many times, top listed in the national skating circle. With the success of 2022 Beijing and Zhangjiakou Olympic bids, we need more outstanding athletes to win gold and silver medals, so we analyze the Korean Li Zaizhi's training program in the speed skating coaching to find the reasons of Xinjiang speed skating team to win outstanding achievements, and further accumulate some experience for the construction and training of Xinjiang skating team and China skating team, and give reference for cultivation of more excellent athletes in China and learning of the advanced training concept.

## II. RESEARCH OBJECTS AND METHODS

### A. Research Objects

The training program of Korean, the coach Li Zaizhi is in Xinjiang Speed Skating Team, the front-line male team of Xinjiang speed skating team.

### B. Research Methods

Make analysis of Coach Li Zaizhi's training program through interview, questionnaire, and data statistics.

## III. THE ACHIEVEMENTS OF XINJIANG SKATING TEAM IN RECENT YEARS

In 2016, Xinjiang hosted the 13th Winter Games and the Xinjiang skating team won the gold medal of men's team

chase, Zhou Bin is the 3000-m national record holder (3 min 46 sec) "Table I", Almas is the 5000-m National Record Holder (6 min 24 sec 9).

TABLE I. THE RESULTS LIST IN THE EIGHT-LAP TEAM CHASE FOR THE WORLD CUP

Year	Game title	Place	Date	Rank	Results	Pothunter
2004-2005	The 1st station of World Cup	Norway	2004.11.13	14th	3:58.67	Chang Rui, Gao Xuefeng, Li Changyu
2004-2005	The 2nd station of World Cup	Berlin	2004.11.22	13th	3:56.23	Chang Rui, Gao Xuefeng, Li Changyu
2006-2007	The 2nd station of World Cup	Berlin	2006.11.19	11th	3:53.43	Jin Xin, Cheng Yue, Gao Xuefeng
2009-2010	The 2nd station of World Cup	Heerenveen	2009.11.15	13th	3:54.03	Gao Xuefeng, Jin Xin, Sun Longjiang
2009-2010	The 4th station of World Cup	Calgary	2009.12.06	11th	3:51.02	Gao Xuefeng, Jin Xin, Sun Longjiang
2012-2013	The 1st station of World Cup	Heerenveen	2012.11.17	12th	3:54.38	Li Bailin, Sun Longjiang, Xu Peng
2012-2013	The 8th station of World Cup	Elford	2013.03.02	11th	3:57.05	Li Bailin, Sun Longjiang, Xu Peng
2013-2014	The 1st station of World Cup	Calgary	2013.11.09	14th	3:52.82	Sun Longjiang, Tian Guojun, Liu Yiming
2013-2014	The 4th station of World Cup	Berlin	2013.12.07	14th	3:58.70	Sun Longjiang, Tian Guojun, Liu Yiming
2014-2015	The 1st station of World Cup	Obihiro	2014.11.15	10th	3:56.04	Liu Yiming, Gekhanbay, Li Bailin
2014-2015	The 3rd station of World Cup	Berlin	2014.12.07	8th	3:56.79	Liu Yiming, Gekhanbay, Li Bailin
2015-2016	The 1st station of World Cup	Calgary	2015.11.14	9th	3:52.92	Li Bailin, Tian Guojun, Sun Longjiang
2016-2017	The 1st station of World Cup	Harbin	2016.11.13	11th	4:00.17	Wu Yu, Xuan Bowen, Wang Shiwei
2016-2017	The 2nd station of World Cup	Nagano	2016.11.20	10th	3:55.79	Wu Yu, Xuan Bowen, Zhu Jiayao
2016-2017	The 3rd station of World Cup	Astana	2016.12.04	11th	3:57.39	Liu Yiming, Gekhanbay, Zhu Jiafan
2016-2017	The 4th station of World Cup	Heerenveen	2016.12.09	8th	3:55.66	Liu Yiming, Gekhanbay, Zhu Jiafan
2016-2017	Youth World Cup Final	Erfurt	2017.02.12	3rd	3:56.63	Liu Yiming, Gekhanbay, Zhu Jiafan
2016-2017	Youth World Cup championship	Finland	2017.02.19	4th	4:14.98	Jin Yanan, Almas, Cui Zhibo

<sup>a</sup>. Note: since 2014, some members of Xinjiang speed skating team has participated in games on behalf of China (1)

#### IV. ANALYSIS ON LI ZAIZHI'S TRAINING PLAN

It is selected from Li Zaizhi's training schedule, one-week before games and one-week on-land training schedule. The training schedule before games is made mainly based

on the endurance and speed endurance. The on-land training is mainly based on endurance. For the front-line male players, coach Li's training is still mainly based on the long distance. "Table II" and "Table III"

TABLE II. ONE-WEEK SCHEDULE FOR ON-LAND TRAINING

Date	Time	Training Content
2015.5.18	a.m.	(1) load-tire-pull training. (put the tire onto the bike for adding the load)
	p.m.	(2) Balance ball practice (special technique). Stability of ankle, knee joint.
2015.5.19	a.m.	(1) burst jump practice × 3 groups.
	p.m.	(1) comprehensive (waist, abdomen, back strength exercises) × 3 groups.
2015.5.20	a.m.	(1) Bicycle 50 km.
	p.m.	(1) Balance ball technique.
2015.5.21	a.m.	Break
	p.m.	(1) 30m run × 3 groups. 50m run × 3 groups. 100m run × 3 groups.
2015.5.22	a.m.	(1) load tire pull.
	p.m.	(1) Balanced ball practice.
2015.5.23	a.m.	(1) run for 5 laps. (2) ball athletics for 90 minutes.
	p.m.	break
2015.5.24	All day	break

**TABLE III. ONE-WEEK TRAINING SCHEDULE BEFORE THE GAME**

Date	Training Time	Training Content
10-03-2014	a.m.	The preparation activities for on-land task: curve + imitation exercises. The preparation activities for going on ice: 5 laps $\times$ 1 group. 300 m $\times$ 1 group. Task: 5000 m $\times$ 3 groups (35 sec -37 sec). (2) 150 m $\times$ 4 group, begin skating by a big stride. (3) slow skating, jogging for 20 minutes. The second half: 150 m $\times$ 4 group, begin skating by a big stride (2) slow skating, jogging for 20 minutes.
10-03-2014	p.m.	Imitation exercises for on-land task for 2 minutes $\times$ 4-6 times, in which the technical details are required mainly. (2) do waist, abdomen, back muscles exercises for a group every day. (3) Bicycle (fast for 20 minutes + slow for 20 minutes) $\times$ 1 group. (4) Jogging for 20 minutes, and stretching exercises.
10-04-2014	a.m.	The preparation activities for on-land activities: curve rubber band + imitation exercises The preparation activities for going on ice: 5 laps $\times$ 1 group, 300 m $\times$ 1 group. Task: 6 laps $\times$ 2 groups (28 sec -29 sec) 5000 m $\times$ 1 group (33 sec - 34 sec), [get off the ice and take a rest : 40 minutes] The second half: get on the ice 5000 m $\times$ 1 group (35 sec -36 sec).
10-04-2014	p.m.	Break time
10-05-2014	all-day	Break time
10-06-2014	a.m.	The preparation activities for on-land task: curve rubber band + imitation exercises The preparation activities for going on ice: skating exercise 5 laps $\times$ 1 group, 300 m $\times$ 1 group. Task: 400 m $\times$ 6 groups (28 sec) [begin after rest] . The second half: 5000 m $\times$ 3 groups (35 sec -36 sec), (32 sec -33 sec), (35 sec -36 sec).
10-06-2014	p.m.	Exercise on land, jump exercise (1) (jump for 30 times + static squat for 10 seconds + continuous jump for 30 times) $\times$ 2 groups. (2) (jump with legs separated and abdomen astranged for 30 times + static squat for 10 seconds + continuous jump for 30 times) $\times$ 2 group (3) (single leg jump for 15 times + Left and Right) $\times$ 2 groups (4) abdomen and back muscle $\times$ 2 groups, for 90 seconds.
10-07-2014	a.m.	The preparation activities for on-land task: curve rubber band + imitation exercises The preparation activities for going on ice: on-ice 5 laps $\times$ 2 groups, 300 m $\times$ 1 group. Task: 5000 m $\times$ 3 groups (35 sec-36 sec), (32 sec-33 sec), (35 sec-36 sec). The second half: free skating on ice for 20 minutes
10-07-2014	p.m.	Activities on land: for 40 - 60 minutes
10-08-2014	a.m.	Break time
	p.m.	(1) Free activities for 40-60 minutes. (2) stretching exercises.
10-09-2014	a.m.	The preparation activities for exercise on ice: curve rubber band + starting exercises for race. The preparation activities for going on ice: 5 laps $\times$ 1 group, 400 m $\times$ 1 group. Task: 5000 m skate-starting race for 2 laps $\times$ 2 groups (decided according to own level, and find the appropriate number of seconds for own) Free slow skating for 20 minutes, and do stretching.
10-09-2014	p.m.	Free jogging for 40 -60 minutes.

## V. SUGGESTIONS

### A. Review of Xinjiang Speed Skating

At the beginning of the founding of New China, the state formulated the development strategy of Snow & Ice Games that is "northeast and northwest fly together" and organized the Xinjiang speed skating team according to the current national sports system. In the medium and late 1980s, Xinjiang Speed Skating Team won the gold medal at the National Winter Games and the National Speed Skating Competition. In the 1990s, it repeatedly won the national championship, in which the famous speed skater Liu Yanfei who came from Xinjiang, broke the Asian 1500-m men's speed skating record and won the Asian championship. With the rapid development and popularization of artificial refrigeration technology and with China's rapid economic take-off, the Northeast has built a number of artificial ice rink, so that the athletes of on-ice project have unlimited time to make training. In 1980, the Chinese Olympic delegation participated in the Winter Olympics for first time. at the time, Xinjiang speed skating team had good results, "Xinjiang speed is the national record for man's 1000m-10000m items except 500m item meter, meters, the from

1000 meters to 10,000 meters". The members of Xinjiang speed skating team Fu Yong and Liu Yanfei and Dan Jun are jointly known as "Xinjiang Three Swordsman on Ice", and they all have won national championships for many times; Liu Yanfei always keep the winner of championship in the man's 1500m project; from 1988 to 1994, he participated in the Winter Olympics for consecutive three times on behalf of China, and in 1994 he acted as the standard-bearer of Chinese delegation in the Lillehammer Winter Olympics.

In the 1990s, Xinjiang snow and ice project still depended on the nature. The construction of Xinjiang venue got behind the northeast. The performance of Xinjiang snow and ice sports declined rapidly and due to more cost in the development of ice and snow sports, the results declined seriously, and in the medium and late 1980s, the Xinjiang speed skating team is degraded as the non-key project. Since then, Xinjiang snow and ice sport enters the "winter" and it loses a chance to synchronously develop with the national ice and snow sport.

In 2012, only 6 members of Xinjiang speed skating team participated in the twelfth national winter games in Jilin Changchun, and Gekhanbay won the ninth in the men's

5000-m race that was their best result. The gold medal won by them in this men's team chase is their first one in the winter games since 1990 after the gold generation athletes of Xinjiang skating team retired.

### *B. The Enlightenment of the Rise of Xinjiang Speed Skating Team*

In 2009, Tong Lixin, deputy director of the Winter Games Management Center of the General Administration of Sport, newly served as deputy director general of the Sports Bureau of Xinjiang Uygur Autonomous Region, mainly in charge of ice and snow sport, and the state began to support the construction of Xinjiang ice and snow sport. By recommended by the International Ice Hockey Federation, Korean Li Zaizhi coach is employed to train the speed skating team in Xinjiang. Xinjiang speed skating team used to rely on the advantages of talent selection, and only if Xinjiang team athletes have good physical condition and persist in training, they can get achievement. Now they depend on a series of conditions, including scientific talent selection and training, perfect logistics, implementation of good policy; Xinjiang speed skating team carries out the chief coach responsibility system, and the team management and team members selection presided by chief coach, without the administrative management level intervened; all serve the team so as to have good results.

The front-line male members of Xinjiang speed skating team are mainly from Urumqi, Altay region, Barkol area, Karamay city and Changji state and other places, they are respectively Han, Kazak, Hui, Khalkhas, Uygur and other ethnic groups. They are responsible for winning the gold medal in the thirteenth winter games. Xinjiang speed skating team has started the cross-border selection of talents very early, they select some athletes with good physical conditions from the Xinjiang track and field team, roller skating team and soccer team and other projects to make training of speed skating, and after the primary election, chief coach Li Zaizhi finally decides the candidates.

### *C. The Change of Xinjiang Speed Skating Team under the Guidance of Coach Li Zaizhi*

According to the results of Xinjiang speed skating team under the guidance of coach Li Zaizhi, Xinjiang speed skating team made a breakthrough in the medium and long distance, which could also be proved by his training program. He chose a correct breakthrough, which was different from previous state of Xinjiang speed skating team in outstanding short-distance achievements. The coach Li Zaizhi's level for training was recognized and he changed the previous "three-attached and one-major" training principles, more emphasized on scientific training and the physical fitness restoration after training. Coach Li Zaizhi asked his fitness trainer to serve the Xinjiang speed skating team.

We hope Li Zaizhi coach could provide a long-term teaching in Xinjiang speed skating team to lay a solid foundation for the Xinjiang speed skating team and cultivate excellent high-level speed skaters. The performance of

China's long-distance speed skating project is listed relatively behind in the world, so we hope Li Zaizhi coach can take the medium and long distance as a breakthrough to cultivate more excellent medium and long distance speed skaters with international level in the 2022 Beijing Olympic Winter Games. We hope to introduce foreign high-level coach through the Xinjiang speed skating team, so as to cultivate Xinjiang's native high-level coach, especially the grassroots coaches.

In 2008, China successfully held the 24th Beijing Summer Olympic Games. In the Beijing Olympic Games, China won the most gold medals, ranking first. China attaches more importance to the development of ice and snow sport. The state has developed the ice and snow sport development strategy of "north-to-south-and-west skating expansion".

Xinjiang winter project management center makes a reasonable layout of Xinjiang ice and snow project, and takes speed skating project as the breakthrough of ice project to drive the development of other ice project. Learn the successful experience in introducing Coach Li Zaizhi, spread the influence area and increase the population of Xinjiang snow and ice sport, laying a good foundation for cultivation of high-levels ice and snow talents. Do well the top design of ice and snow sport development, implement the ice and snow sport development policy, encourage us to forge ahead and make further progress. Xinjiang snow and ice sport will without fail develop into a symbol of Xinjiang winter.

## VI. CONCLUSION

According to the analysis, we find coach Li Zaizhi brings substantial change of the Xinjiang speed skating team. He finds the breakthrough point of long-distance speed skating, which is also current weak point in Chinese speed skating, with a certain gap from the international high level. By analyzing the training program of Coach Li Zaizhi, we find his training program is more suitable for the athletes of Xinjiang speed skating team, more scientific and pertinent for solution of some problems. We look forward to Coach Li Zaizhi could bring pleasant surprise in the 2022 Beijing Olympic Winter Games.

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