* About Nordic skiing:
	+ There are two different techniques (classic and skate)
		- This particular data is classic style
	+ Races can be a wide range of distances from sprints to marathons
		- This particular example is a 10k which is a pretty typical distance
	+ The world cup is a series of races run by the international ski federation, races are hosted in a variety of nations
		- This race was in Trondheim, Norway
* Question of interest
	+ With long distance races like 10ks pacing is a big issue
		- This module aims to figure out what the best method of pacing is for a 10k classic race
* Statistical and data science skills
	+ Dyplr is used to create a speed variable taken at each distance measurement (1.3, 4.3, 7.5, and 10k)
	+ Randomized block design deduces if the skier themselves or their speed at each interval is the better predictor of their finishing rank