* 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