



**1**

**SQUAT WITH ARM EXTENSION**

Stand with feet a little more than shoulder width, holding a lightweight medicine ball at chest height. Lower into a squat, keeping chest up and shoulders back while extending the arms forward. Return to standing. 10 reps



**2**

**STABILITY BALL HAMSTRING CURL**

Lie on a mat with feet on the ball, hips off the ground and shoulders on the floor. Use your feet to roll the ball in toward you until you feel a squeeze in the hamstrings, then roll the ball back to start position. 8-10 reps



**3**

**LUNGE WITH A TWIST**

Stand with feet shoulder width apart, holding a medicine or stability ball. Step backwards into a lunge then twist at the waist, turning the ball toward the side. Alternate sides. 10-12 reps



**4**

**BOSU LATERAL SQUAT TAP**

Stand with one foot on a Bosu ball, keeping the ball's flat side down. Lift foot from the floor onto the ball, then tap your other foot to the floor. Option: hold a medicine ball at chest height. 10-12 reps

# FIT TO SKI

## PART 2

BETTER SKIING STARTS WITH BETTER FITNESS AND PRE-SEASON TRAINING IS THE WAY TO YOUR BEST WINTER EVER. THIS ISSUE TARGETS THE LOWER BODY AND CHALLENGES STABILITY AND BALANCE TO HELP PREVENT INJURY AND INCREASE AGILITY.

BY MARCY VERBURG, FITNESS & NUTRITION COACH, SNAP FITNESS

FITNESS MODELS:  
 ALLI MILLMEYER, ALPINE CANADA TEAM MEMBER  
 DUSTIN TITUS, USMC MASTER COACH DEVELOPER/AMATEUR ATHLETE

PHOTOS: WALLY STEMBERGER

**SHORT TURNS...**

This workout should be done as a circuit, starting with 1-2 times through and building to 3.

16 | skicanada // FALL 2017

# Understanding the Demands of Skiing

Skiing is a physically demanding sport that requires a combination of strength, endurance, flexibility, and balance. When skiing, your body engages in a variety of movements, including:

- Squatting: essential for maintaining proper skiing posture and absorbing shocks.
- Twisting: necessary for navigating turns and controlling your speed.
- Endurance: required for long days on the slopes.
- Agility: vital for quick responses to changing terrain.

By understanding these demands, you can tailor your ski training workout plan to address each aspect effectively.

## Components of a Ski Training Workout Plan

A well-rounded ski training workout plan should include the following components:

### 1. Strength Training

Strength is fundamental for skiing, as it helps you control your movements and maintain stability on the slopes. Focus on building strength in your legs, core, and upper body. Here are some key exercises:

- Squats: Build leg strength and stability. Variations include bodyweight squats, goblet squats, and barbell squats.
- Deadlifts: Strengthen the posterior chain, which is crucial for maintaining proper skiing posture.
- Lunges: Improve leg strength, balance, and coordination.
- Core Exercises: Planks, Russian twists, and medicine ball slams can enhance core stability, which is vital for balance while skiing.

## 2. Flexibility Training

Flexibility plays a significant role in skiing, as it allows for a greater range of motion and helps prevent injuries. Incorporate stretching and mobility work into your workout plan:

- Dynamic Stretching: Perform leg swings, arm circles, and torso twists as part of your warm-up.
- Static Stretching: After your workout, focus on stretching major muscle groups, especially the hamstrings, quads, hip flexors, and back.
- Foam Rolling: Use a foam roller to release tight muscles and improve overall mobility.

## 3. Endurance Training

Skiing can be an endurance sport, especially during long days on the mountain. Improve your cardiovascular fitness with aerobic exercises:

- Running or Jogging: Excellent for building endurance. Aim for at least 30 minutes of continuous running.
- Cycling: Low-impact and effective for building leg strength and stamina.
- Swimming: A full-body workout that also enhances respiratory capacity.
- Interval Training: Incorporate high-intensity intervals into your workouts to simulate the bursts of energy required during skiing.

## 4. Balance and Agility Training

Balance is critical for skiing, as it allows you to maintain control and stability on varied terrain. Include exercises that challenge your balance and agility:

- Single-Leg Exercises: Try single-leg squats or single-leg deadlifts to enhance stability.

- Balance Boards or Bosu Balls: Use these tools to improve proprioception and core engagement.
- Plyometrics: Incorporate jump training, such as box jumps or lateral jumps, to develop explosive power and agility.

## Sample Ski Training Workout Plan

To help you implement these components into your ski training workout plan, here is a sample weekly workout schedule:

### Weekly Schedule

#### Day 1: Strength Training (Leg Focus)

- Warm-Up: 10 minutes of dynamic stretching
- Squats: 4 sets of 8-10 reps
- Lunges: 3 sets of 10 reps per leg
- Deadlifts: 3 sets of 8-10 reps
- Core Work (Planks, Russian Twists): 10 minutes
- Cool Down: Static stretching

#### Day 2: Endurance Training

- 30-45 minutes of moderate-intensity running or cycling
- 10 minutes of interval sprints (30 seconds sprint, 1-minute rest)
- Cool Down: Static stretching

#### Day 3: Flexibility and Mobility

- Yoga or Pilates session focused on flexibility (45-60 minutes)
- Foam rolling for muscle recovery

#### Day 4: Strength Training (Full Body)

- Warm-Up: 10 minutes of dynamic stretching
- Push-Ups: 4 sets of 10-15 reps
- Pull-Ups or Lat Pull-Downs: 3 sets of 8-10 reps
- Plank Rows: 3 sets of 10 reps
- Core Work (Medicine Ball Slams): 3 sets of 10 reps
- Cool Down: Static stretching

#### Day 5: Balance and Agility Training

- Warm-Up: 10 minutes of dynamic stretching
- Single-Leg Squats: 3 sets of 8 reps per leg
- Balance Board Exercises: 10 minutes
- Plyometric Training (Box Jumps, Lateral Jumps): 20 minutes
- Cool Down: Static stretching

#### Day 6: Endurance Training

- Long-distance cycling or running for 60 minutes
- Incorporate hill training or varied terrain if possible
- Cool Down: Static stretching

#### Day 7: Rest and Recovery

- Focus on hydration, nutrition, and light stretching
- Consider a massage or gentle yoga session

## Nutrition for Ski Training

To support your ski training workout plan, proper nutrition is vital. Here are some key nutritional tips:

- Hydration: Drink plenty of water before, during, and after workouts. Dehydration can impair performance.
- Balanced Meals: Focus on whole foods, including lean proteins, complex carbohydrates, and healthy

fats.

- Pre-Workout Snacks: Consume a snack rich in carbohydrates and protein about 30-60 minutes before your workout, such as a banana with nut butter or a protein smoothie.
- Post-Workout Recovery: After your training, replenish your energy with a meal or snack containing protein and carbohydrates to aid recovery.

## Conclusion

A comprehensive ski training workout plan is essential for enhancing performance, building strength, and preventing injuries. By incorporating a balanced approach that includes strength training, flexibility, endurance, and balance exercises, you can prepare your body for the demands of skiing. Remember to listen to your body, adjust your workouts as needed, and prioritize recovery to ensure you are at your best when it's time to hit the slopes. With dedication and the right training, you'll be well on your way to becoming a more skilled and confident skier.

## Frequently Asked Questions

### What are the key components of a ski training workout plan?

A ski training workout plan typically includes strength training, endurance workouts, flexibility exercises, and balance training to improve overall performance on the slopes.

### How often should I train for skiing during the off-season?

During the off-season, it's recommended to train at least 3-5 times a week, incorporating various workouts to build strength, endurance, and flexibility.

### What type of strength exercises are best for skiers?

Compound exercises like squats, deadlifts, lunges, and core workouts are excellent for building the

strength needed for skiing.

## **Should I include cardio in my ski training workout plan?**

Yes, incorporating cardio workouts such as running, cycling, or interval training can improve your endurance and overall fitness for skiing.

## **How can I improve my balance for skiing through workouts?**

Balance exercises such as single-leg stands, balance board drills, and stability ball workouts can enhance your coordination and balance for skiing.

## **Is flexibility training important for skiing?**

Absolutely! Flexibility training, including stretching and yoga, is crucial for preventing injuries and improving your range of motion while skiing.

## **What specific workouts should I do to prepare for mogul skiing?**

To prepare for mogul skiing, focus on agility drills, plyometric exercises, and core strength workouts to enhance your ability to navigate bumps and turns.

## **How long should my ski training sessions last?**

Ski training sessions should ideally last between 60 to 90 minutes, depending on the intensity and type of workout.

## **Are there any specific exercises to target skiing muscles?**

Yes, exercises like wall sits, leg presses, and hip thrusters specifically target the quadriceps, hamstrings, and glutes, which are crucial for skiing.

## **Can I train for skiing at home, or do I need a gym?**

You can effectively train for skiing at home using bodyweight exercises, resistance bands, and minimal equipment, making it accessible regardless of gym availability.

Find other PDF article:

<https://soc.up.edu.ph/34-flow/files?docid=Hva72-7300&title=janet-evanovich-three-and-four-two-set.pdf>

## **Ski Training Workout Plan**

*1980 NBA Finals - 76ers vs. Lakers | Basketball-Reference.com*

League Champion: Los Angeles Lakers Finals MVP: Magic Johnson (21.5 / 11.2 / 8.7) 1980 Playoff

Leaders: PTS: Kareem Abdul-Jabbar (479) TRB: Caldwell Jones (185) AST: Magic Johnson (151) ...

### **1980 NBA Finals - Wikipedia**

Kareem Abdul-Jabbar, playing on a mission and finally with an effective supporting cast around him, scored 33 points, pulled down 14 rebounds, and had six blocks and five assists on the way to a ...

### **Was Kareem Abdul-Jabbar the Original 1980 NBA Finals MVP Winner?**

May 8, 2022 · After the game, Kareem Abdul-Jabbar is informed by a phone call that he has been named the Finals Most Valuable Player. However, reporters change their votes at the last ...

*Kareem Abdul-Jabbar Playoffs Game Log - Basketball-Reference.com*

Click on the Gtm value to see the player's season playoff totals through that game.

*Kareem Win Loss Record In The Finals Series | StatMuse*

Kareem Abdul-Jabbar had a record of 29-27 in the NBA Finals in his career.

### **Kareem was very happy when Magic won the Finals MVP in 1980 ...**

Jun 26, 2025 · Kareem Abdul-Jabbar was ecstatic to see Magic Johnson win the Finals MVP over him in 1980 when the Los Angeles Lakers defeated the Philadelphia 76ers.

*Kareem Highest Scoring Finals Game | StatMuse*

Kareem Abdul-Jabbar scored his most points in an NBA Finals game against the 76ers on May 14, 1980, with 40 points.

Kareem Abdul Jabbar Finals Stats | StatMuse

Kareem Abdul-Jabbar averaged 23.5 points, 9.1 rebounds and 3.2 assists in 56 games in the NBA Finals in his career.

### **Kareem Finals Championships | StatMuse**

Kareem Abdul-Jabbar won 6 championships in his career.

### **This Day In Lakers History: Magic Johnson & Kareem Abdul-Jabbar ...**

On June 14, 1987, the Los Angeles Lakers beat the Boston Celtics in Game 6 of the NBA Finals to claim the franchise's 10th championship. The Lakers and the Celtics dominated the NBA in the ...

*Decoding facebook's blob video url - Stack Overflow*

Facebook downloads the audio and the video separately, so get the audio link from the google chrome inspector, by right click on the video and choosing inspect ,going to Inspector, Network ...



*How to resolve Facebook Login is currently unavailable for this ...*

Jul 28, 2021 · In the facebook developers console for your app, go to App Review-> Permissions and Features. Set the public\_profile and email to have advanced access. This will allow all ...

What are all the custom URL schemes supported by the Facebook ...

Note These URL's are likely not available. Facebook has been updated a number of times and did not officially support any of these. /Note I am trying to see what information is available about...

application\_id needs to be Valid Facebook Ad - Stack Overflow

Dec 11, 2020 · application\_id needs to be Valid Facebook Ad Asked 4 years, 7 months ago Modified 1 year, 2 months ago Viewed 46k times

**Facebook share link - can you customize the message body text?**

Feb 17, 2011 · Facebook will not allow developers pre-fill messages. Developers may customize the story by providing OG meta tags, but it's up to the user to fill the message. This is only ...

Where can I find my Facebook application id and secret key?

Jul 8, 2010 · In my Facebook account, where can I find these application IDs, secret key, all?

Facebook share link without JavaScript - Stack Overflow

Learn how to create a Facebook share link without using JavaScript, including tips and solutions for effective sharing.

**How to add facebook share button on my website? - Stack Overflow**

May 9, 2013 · Note that with using the Facebook SDK your users are being tracked only by visiting your site; they don't even need to click any of your Share or Like buttons. The answers ...

How do I remove my Paypal account from Facebook?

Now, i went into the payment settings on facebook and tried to remove my paypal account. It said i had to login to paypal.com and decline the facebook agreement in the settings.

*Facebook Graph API giving an unknown OAuthException*

With the user-specific token, the api calls succeed. Before the oauth upgrade, the application's token worked. The user-specific token worked and usually returned even more data. Of course ...

Elevate your performance on the slopes with our ultimate ski training workout plan. Discover how to enhance strength

[Back to Home](#)