



CONDITIONING

SESSION B

Pre-Season Conditioning - Session B

Key: B = Beginner, I = Intermediate, A = Advanced

Strength Exercises

Hamstrings

Keep your lower back rigid, lift from shoulder blades.

B- 30 sec hold x 3

I- 30 sec hold x 3

A- 30 sec hold + 10 ball rolls x 3



Hamstrings, B



Hamstrings, I



Hamstrings, A

Bridges

Head and shoulders, lift and lower butt.

B- 20 x 3

I- 20 x 3

A- 1 leg lift and hold for 10 sec x 3 each leg



Bridges, B



Bridges, I



Bridges, A

Lunge Steps

Keep your shoulders in front of hip, step up with front leg only.

B- 10 lunges with each leg leading, standing in one place

I- 6 lunge steps forward (no rest between steps) x 3

A- 10 lunge steps forward x 3



Lunge steps, B, I, A

Lateral Lunges

Bend at both knees, step up with lead leg.

B- 20 wide squats standing in one place

I- 6 lateral lunges x 3 each way

A- 10 lateral lunges x 3 each way



Lateral lunges, B, I, A

Calf Raises

Lift slow and use a slow controlled return to start position.

B- 10 reps x 2 on ground

I- 10 reps x 2 on a step to mid range

A- 10 reps x 2 on a step, drop down past mid range



Calf raises, B

Calf raises, I, A

Stretches

Hold for 20 seconds x 3 reps of each

Calf

Two muscles make up the achilles tendon, in order to stretch both do this stretch both with back leg knee straight and with it bent.



Calf

Hamstrings

To reduce the stress to your lower back do this stretch in a door frame. Slide down until you find the tension point keeping your knee straight.



Hamstrings

Groin

Keep your shoulders over top of the pelvis, don't side bend.



Groin

Hip Flexor

Keep belly button in, don't arch lower back.



Hip flexor

Quadriceps

Keep belly button in, don't arch lower back.



Quadriceps

Cardio

Building a cardio base will reduce post skiing muscle soreness and reduce fatigue. This will result in more enjoyment of multiple day skiing and reduce your chance of injury.

In order to get a training effect, the exercise should be continuous for 20 - 40 minutes. Your heart rate should be between 70 - 85% of maximum ($220 - \text{your age} \times .7$ or $.85$). A general guideline is that you are breathing heavier but still able to talk.

This should be done 3 times per week. Pick an activity that you enjoy. Swimming, speed walking, jogging, cycling, x-country skiing, snowshoeing, and squash are all excellent activities.

About the Author

Damien Moroney

Damien Moroney currently works as a Physical Therapist in a clinical practice in Nelson, BC. He has provided consulting services to the B2Ten Olympic Athlete Development Program, the Montreal Canadiens NHL Hockey Team, the Canadian Athletic Coaching Centre (National team 100m, 200m and 400m sprinters), Cirque Du Soleil (Alegria), Hockey Canada (Women's National Team Program), and Red Bull Canada (Professional Skiers, Snowboarders and Mountain Bikers).