



SKI &
SNOWBOARD
AUSTRALIA

SSA ALPINE/SKI X U16/U18/U21

CONDITIONING PROGRAMS 2015

MAY/JUNE 2015



Introduction Video

Strength Conditioning Goals

SSA Alpine



Last name	

1 2 3

Test date

Test / Challenge		Measure	# 1		# 2		# 3	
			Test	Goal	Test	Goal	Test	Goal
Height		Cm's						
Weight		Kg's						
Sit & Reach		Cm's						
Blood Pressure								
Resting Heart Rate								
5 stage abs		Stage						
Vertical Jump right		Cm's						
Vertical Jump left								
Single jump - both legs								
Penta Jump - both								
Max chin ups		# reps						
Max Single leg squat		#						
1 RM Squat		Kg's						
1 RM bench		Kg's						
40m sprint								
Illinois Agility Run L-R		# seconds						
Illinois Agility Run R-L								
Box jump:90sec 40cm box								
Box jump: Total								
12min Cooper running test								
20m shuttle (beep)		Stage/level						

Why Stamina:

It creates the base for all other motor skill important for a skier
Improves recovery thus less injuries

Why weight bearing activities:

Skiing is a weight bearing activity thus training must consist out of weight bearing activities such as jumping and running

Why lateral strength/jump exercises

In skiing forces such as speed, terrain, turn courses, snow conditions effecting athletes thus joints and soft tissue must be protected

Why agility

Ever changing conditions on the hill force athletes to anticipate, be proactive and react and adapt quickly.

Why reactive jumping and Plyometrics are so critical

It strengthens the joint (ankle, hip, knee, spine) and improves proprioceptive ability

Why Flexibility

Restriction in range of motion may cause compensation in other areas thus results in overuse. Being too supple is a disadvantage-instability.

Why Fun

To keep motivated - a fun variety of activities is important to keep motivated

Weekly Training Program Prep May2015

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Weekly Training Program Prep June 2015

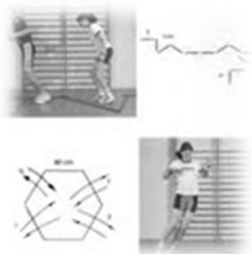
June	Endurance	Strength/Xfit	Speed Agility	Core	Flex after every session	School sport
1	5X 400m sprints-2min rest between sprints	Var 2	Speed			
2		Var 3	Balance			
3						
4						
5						
6						
7						
8	12min Cooper run as far as you can in 12min	Var 1	Plyometric/Jumping			
9	5X 30 sec hill run-1min rest/ warm up					
10						
11						
12						
13						
14						
15	30min Jogging	Var 2	Plyometric			
16	7x 100m sprints -warm up 10min before		Balance			
17						
18						
19						
20						
21						
22	25min run-5min very fast 5min jogging so 4X 5 min fast runs	Var 3	Speed			
23		Var 4	Balance			
24	3x 1min30sec hill runs					
25						
26						
27						
28						
29	5X 400m sprints-2min rest between sprints	Var 1				
30						

If you not able to do 2 blocks of Xfit circuit -1 block is also okay!!!! Choose your training days in a week

Speed(yellow)/Agility (green)/Plyos(blue)

Exercise	Duration	Jumps	Sets	Rest	Notes
Vertical jump submax for warm up	70%	10	2	2min between sets	Controlled movement- use other leg to absorb landing, Increase Reps by one every session
Vertical Jump stationairy	110%	5jumps	3	2min between sets	Remember form and posture is important-using arm swing to full body extension soft landing- driving with your legs
Tuck Jump -stationairy	110%	5jumps	3	2min between sets	
Tuck jumps ri/le sideways		4 jumps	2 each side		Lateral tuck jump
Penta Jump double leg-5 consecutive jumps		5jumps	2	1min between jumps	Make sure you aim for increasing distance-5 consecutive jumps
Sprint 20m		5runs	1	2min	Different starting positions
Sprint 40m		5 runs	1	2 min between	The aim is to run 100m 100% speed
Illinois Run/Shuttle sprints or star run		2 each side	2		10m by 5m
Star jump as variation	3 laps	3	4	60sec rest between	aim to jump as fast/quick as possible-not touching lines
Balancing on Slack line-rope	10 minutes				Try different exercises on the band/rope
Trampolining when able	10min				whenever possible

Star Jump-60cm



Vertical jump/lat



Vertical and tuck jump



Tuck jump variations



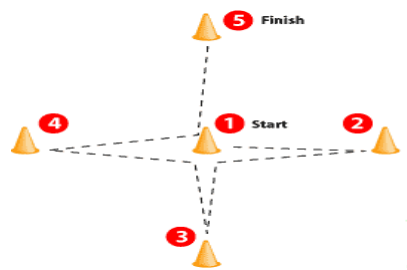
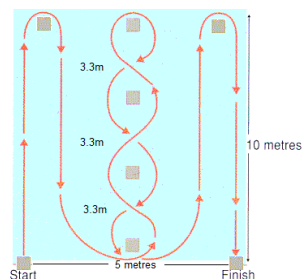
Balancing/sprint



Trampolining



Illinois Run
Star run



Stretching



Reps:

Holding of stretch

Intensity:

When to stretch:

Sets:

Notes:

Variety:

2

15-20sec

Trying to stretch without major pressure and support

After warming up - muscles you are going to work on

After cool down- all major muscle groups

4

Foam rolling exercises are essential for skiers

dynamic stretching should be part of your stretching routine

It consists out of controlled leg and arm swings - gently take to the limits of range of motion. No bouncing movement!

E.g: controlled arm swing, leg swing, torso rotation etc

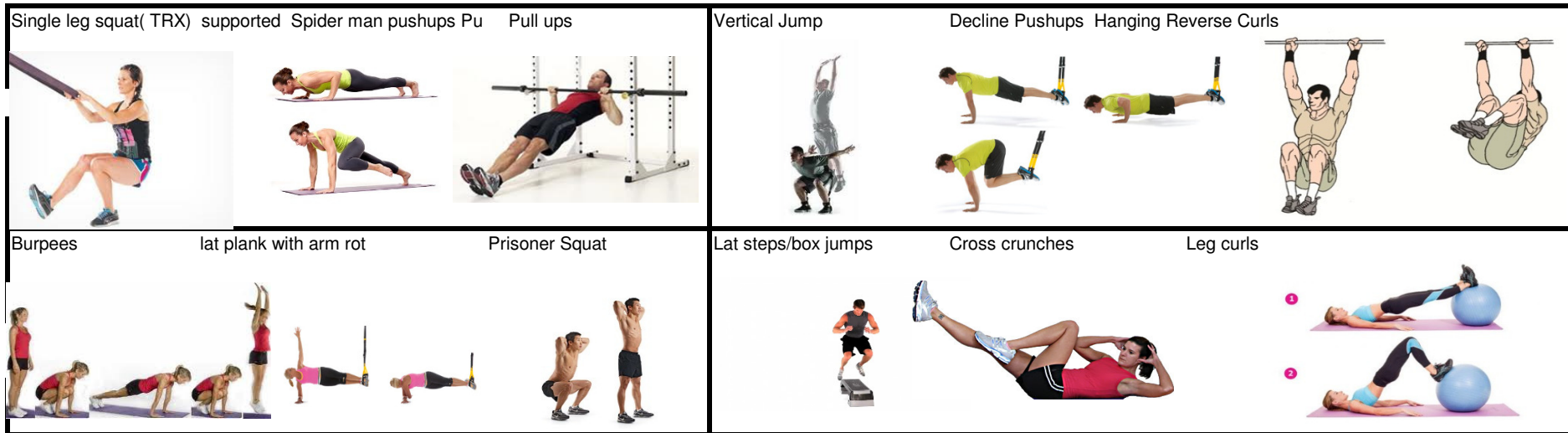
Skiing Prep Program

Activity	Weight	Reps		Notes
Singl leg Squat-change leg each time	BW (Body weight)	10		
Spiderman Pushups	5kg DB	6		If you get tired move onto your knees
Pullups /might use TRX or bar /railing etc	BW	10		
Vertical Jumps	BW (Body weight)	5		
decline Pushups/Us TRX or bench	BW	10		incorporating crunch as well.
Hanging Reverse Curls	BW	5		
Burpees	BW (Body weight)	10		
Lat Planking with arm rot/change leg each time	BW	5		
Prisoner Squat-full range	BW	10		Ensure weight is on your heel!
box jumps	BW	20		
Cross crunches	BW	15		
Leg curl single/double leg	BW	10		

Var 1: Choose 2 blocks each block 8minutes as hard as you can do- choose weight which is doable with good posture/form

I training session includes 2 blocks (2X8min blocks(6 exercises) 3min rest between blocks

Var 2: Choose 2 blocks -6 exercises- each exercise 30sec intensity followed 30sec rest - complete 3 sets of each exercise




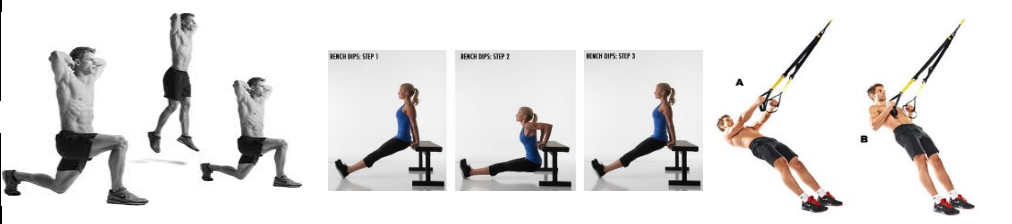

Skiing Prep Program

Activity -Circuit -Also Var 2 (30/30)	Weight	Reps		Note
Push ups with med ball	BW	10		
Med Ball through into ground/normal ball	5/3kg/soccer ball	10		you might just use any ball
Lat. Step up jumps (stay on same leg)	BW	10		10 each leg-using bench or steps etc
Lunge split jumps	BW	5		Jump at your ability
Dips	BW	10		
Pull ups TRX or bar	BW	10		Use TRX or bar, fence etc
Tuck Jumps	BW	5		
Clap Pushups	BW	5		If too hard just move onto your knees
Chin ups	BW	5		If you can not complete pull as hard as you can
Later shuffle with cone touch- 3m quick	BW	10		
Suspended Crunches with TRX (sit ups if no TRX)	BW	10		
Lateral hops stationairy	BW	10		

Var 3: Choose 1 blocks-each block 10 minutes as hard as you can do- choose weight(if applicable) which is doable with good posture/form

As many rounds as you can in 10 min

Var 4: Choose 2 blocks -6 exercises- each exercise 30sec intensity followed 30sec rest - complete 3 sets of each exercise

<p>Med bal/balll push ups alt Med ball through Lat.step up jumps</p> 			<p>Split jumps dips Pull ups TRX</p> 		
<p>Tuck Jumps Clap Push Ups Chin ups</p> 			<p>Lat shuffle TRX susp crunch Lateral Hops</p> 