



SSA &  
SNOWBOARD  
AUSTRALIA

# SSA ALPINE U16/U18/U21 CONDITIONING PROGRAMS 2014 MAI-JUNE 2014

STRENGTH

SUPPLENESS

Agility & SPEED

STAMINA

[Intro 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								
V jump left leg								
V jump right leg								
Single jump - both legs								
Single jump - right leg								
Single jump - left leg								
Penta Jump - both								
Penta Jump - right leg								
Penta Jump - left leg								
Max chin ups		# reps						
Max Single leg squat		#						
1 RM bench		Kg's						
40m sprint								
Illinois Agility Run L-R		# seconds						
Illinois Agility Run R-L								
Star Jump								
Box jump: 0 -30								
Box jump: 0 - 60								
Box jump: 0 - 90 (FIS)								
Box jump: Total								
Balance test								
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 May2014

May	Endurance	Strength/Xfit	Speed Agility	Core	Flex after every session	School sport
1	12min cooper run-as far and fast as possible	Var 1	Plyometric/Jumping			
2	20min jogging	Var 4				
3						
4	Weekend Group training					
5	5X 400m sprints-2min rest between sprints	Var 2	Speed			
6	20 min Jogging-easy run	Var 3	Balance			
7						
8						
9						
10						
11	Weekend Group training					
12	2km fast run- choose a track you can use	Var 1	Plyometric/Jumping			
13	5X 40 sec hill run-1min rest	Var 2				
14						
15						
16						
17						
18	Weekend Group training					
19	30min Jogging		Plyometric			
20	6X stairs or steep hill 50 sec-1min rest		Balance			
21						
22						
23						
24						
25	Weekend Group training					
26	3X 800m fast run-3min rest between	Var 3	Speed			
27		Var 4	Balance			
28						
29						
30						
31						

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

## Weekly Training Program Prep June 2014

June	Endurance	Strength/Xfit	Speed Agility	Core	Flex after every session	School sport
1	Balmoral Burn for Sydney Cyders					
2	30min jogging	Var 3	Speed			
3		Var 1				
4						
5						
6						
7						
8	Weekend group training					
9	5X 400m sprints 2min rest	Var 2	Plyometric			
10		Var 4				
11						
12						
13						
14						
15	Weekend group training					
16	12 min Cooper run -as far and fast as possible	Var 1	Plyometric			
17	20min easy jogging	Var 4	Balance			
18						
19						
20						
21						
22	Weekend group training					
23	6X60sec hill runs / one minute rest	Var 2	Speed			
24		Var 3	Balance			
25						
26						
27						
28						
29	Weekend group training					
30						

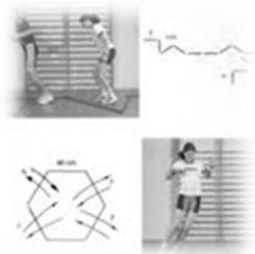
If you not able to do 2 blocks of Xfit circuit -1 block is also okay!!!!- Choose your training days in a week!

## **Weekly Training Program Prep June 2014**

## 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 consecitive jumps		4 jumps	2		Make sure you aim for increasing distance-5 consecutive jumps
Penta jump single ri			1		Ensure you jump with control and good ankle and knee stability
Penta jump single le			1		
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		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



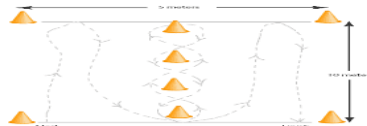
Balancing/sprint



Trampolining



Illinois Run



# Stretching



**Reps:**

2

**Holding of stretch**

15-20sec

**Intensity:**

Trying to stretch without major pressure and support

**When to stretch:**

After warming up - muscles you are going to work on  
After cool down- all major muscle groups

**Sets:**

4

**Notes:**

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

**Variety:**

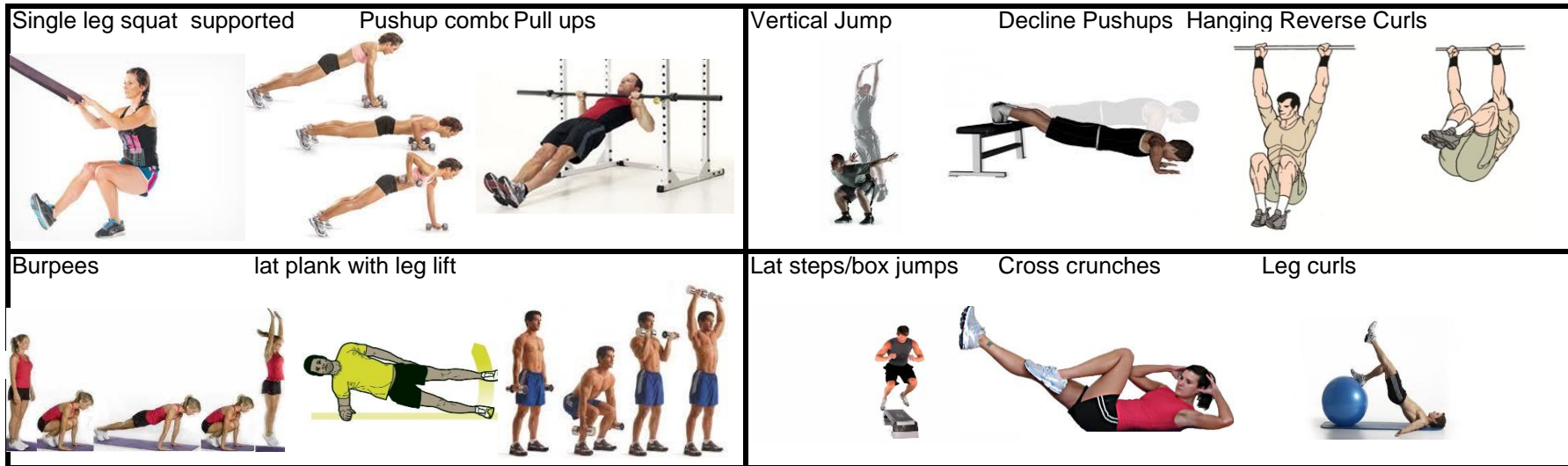
## Skiing Prep Program

Activity	Weight	Reps			Notes
Singl leg Squat-change leg each time	BW (Body weight)	10			
Combo Pushup	5kg DB	10			
Pullups		10			
Vertical Jumps	BW (Body weight)	5			
decline Pushups	BW	10			
Hanging Reverse Curls	BW	5			
Burpees	BW (Body weight)	10			
Lat Planking with leg lift/change leg each time	BW	10			
Combo squat armcurl-press	7/4kg DB	10			
box jumps	BW	20			
Cross crunches	BW	15			
Leg curl single/double leg	BW	10			

**Var 1: Choose 2 blocks each block 10 minutes as hard as you can do- choose weight which is doable with good posture/form**

**I training session includes 2 blocks (2X10min blocks(6 exercises) 3min rest between blocks**

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












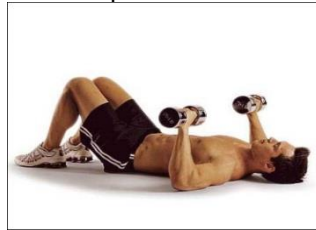


## Skiing Prep Program

Activity -Circuit -Also Var 2 (30/30)	Weight	Reps			
Push ups with med ball	BW	10			
Med Ball through into ground	5/3kg	10			
Lat. Step up jumps (stay on same leg)	BW	10			
Lunge split jumps	BW	5			
Dips	BW	10			
Pull ups	BW	10			
Box jumps	BW	10			
Clap Pushups	BW	10			
Chin ups	BW	5			
Later shuffle with cone touch- 3m quick	BW	10			
Russian Twist	5/10kg /ball/plate	10			
Sit ups with DB press	4/7kg DB	10			

**Var 3: Choose 2 blocks-each block 10 minutes as hard as you can do- choose weight which is doable with good posture/form**

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

<b>Med ball push ups alt</b> 	<b>Med ball throws</b> 	<b>Lat.step up jumps</b> 	<b>Split jumps</b> 	<b>dips</b> 	<b>Pull ups</b> 
<b>Tuck Jumps</b> 	<b>Clap Push Ups</b> 	<b>Chin ups</b> 	<b>Lat shuffle</b> 	<b>Russian twist</b> 	<b>sit ups with DB press</b> 

**Complete as many rounds and reps as possible in 10 minutes**