



SKI &
SNOWBOARD
AUSTRALIA

SSA ALPINE U16/U18/U21 CONDITIONING PROGRAMS 2014 SEPT-OCT 2014

STRENGTH

SUPPLENESS

Agility & SPEED

STAMINA

[Intro Video](#)

Strength Conditioning Goals

SSA Alpine



Last name	

1 2 3

Test date		# 1		# 2		# 3	
Test / Challenge	Measure	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 Sept 2014

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

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

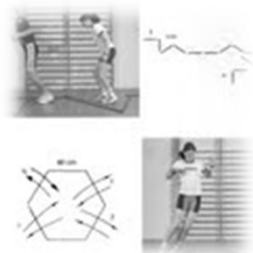
Weekly Training Program Prep October2014

Oct	Endurance	Strength/Xfit	Speed Agility	Core	Flex	School sport
					after every session	
1	30min jogging	Var 3	Speed			
2		Var 1	Balance			
3						
4						
5						
6	5X 400m sprints 2min rest	Var 2	Plyometric			
7		Var 4	Agility			
8						
9						
10						
11	Testing					
12	Vidoe Clinic					
13	12 min Cooper run -as far and fast as possible	Var 1	Plyometric			
14	20min easy jogging	Var 4	Balance			
15						
16						
17						
18						
19	Weekend group training					
20	6X60sec hill runs / one minute rest	Var 2	Speed			
21	30m jogging medium speed	Var 3	Agility			
22						
23						
24						
25						
26	Weekend gorup training					
27	5X 400m sprints -3min rest betw	Var 1	Plyometric			
28		Var 4	Speed			
29						
30						
31						

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



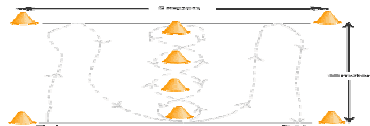
Balancing/sprint



Trampolining



Illinois Run



Stretching



Reps:
Holding of stretch
Intensity:
When to stretch:

Sets:
Notes:
Variety:

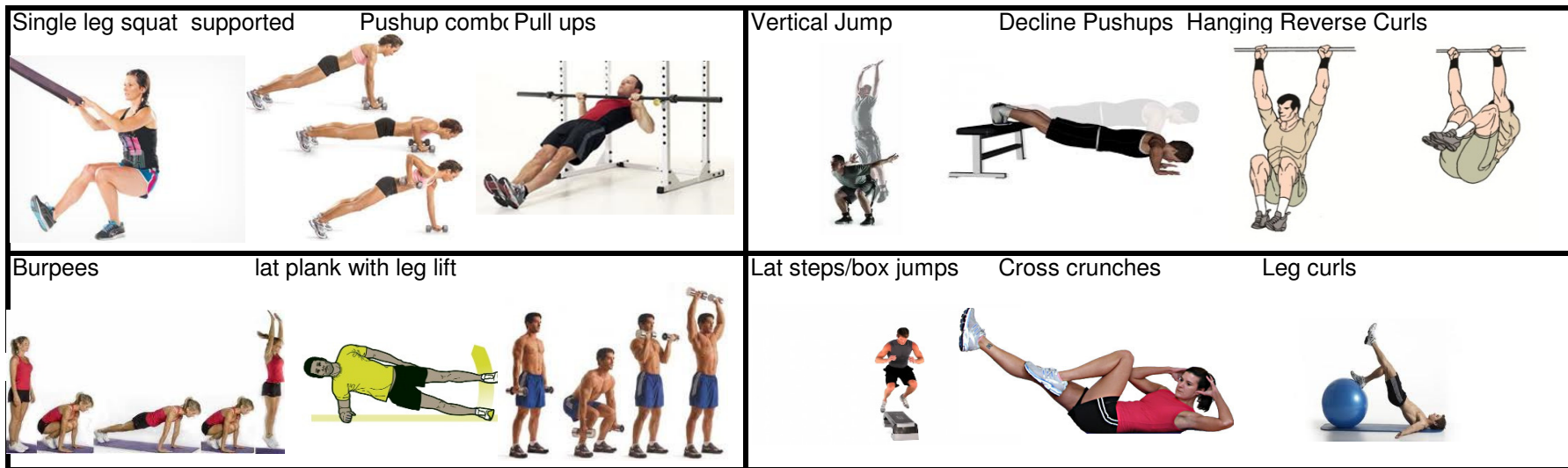
2
 15-20sec
 Trying to stretch without major pressure and support
 After warming up - muscles you are going to work on
 After cool down- all major muscle groups
 4
 Foam rolling exercises are essential for skiers
 dynamic stretching should be part of your stretching routine
 It consists out of controlled 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			
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

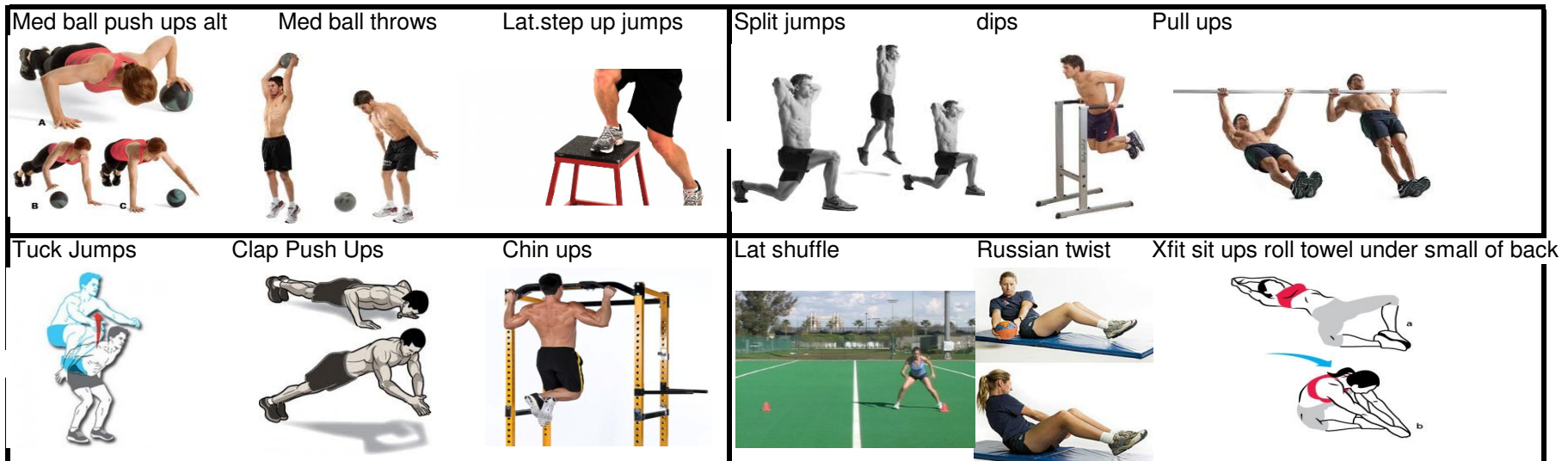


Skiing Prep Program

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



Complete as many rounds and reps as possible in 10 minutes