



SSA  
SNOWBOARD  
AUSTRALIA

SYDNEY

JINDABYNE

MELBOURNE

BRIGHT

SSA ALPINE CH 1, CH2

CONDITIONING PROGRAMS May/June 2012

STRENGTH

SUPPLENESS

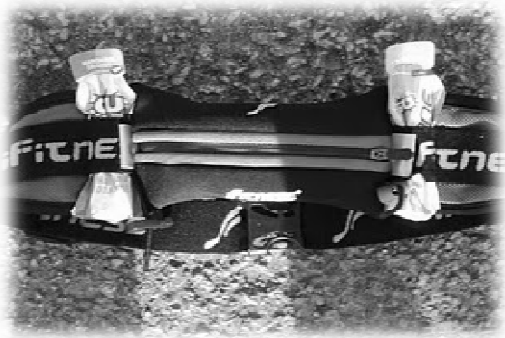
SKILL & SPEED

STAMINA

# TOOLS you need as a young athlete

## Drinking bottles

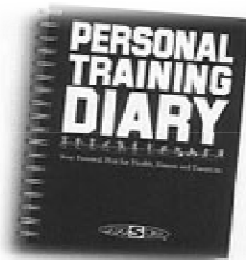
### Running belt



### Heart rate monitor (under 14)



### Personal training diary



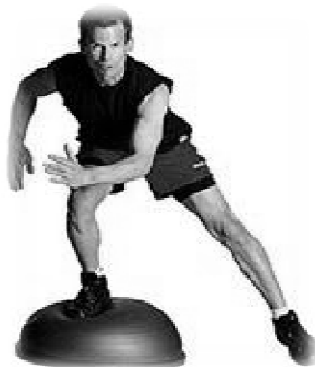
### Slack line-or similar



### Good running shoes



### Optional- every skier should have bosus



# Goal setting

SSA Alpine  
Recording Sheets : CHILDREN

First name	
Last name	



		# 1		# 2		# 3	
Date							
Test / Challenge	Measu	Test	Goal	Test	Goal	Test	Goal
Height	Cm's						N/A
Weight	Kg's						
Sit & Reach	Cm's						
4 stage abs	Stage						
Max Push Up							
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							
40m sprint	# seconds						
Illinois Agility Run L-R							
Illinois Agility Run R-L							
Max Single leg squats							
Max Chins	#						
Box jump: 0 - 30	# touches		N/A		N/A		N/A
Box jump: 0 - 60							
Box jump: Total							
Balance test							
Cooper 12 min run							
20m shuttle (beep)	Stage/level						
Other							

- Why Stamina:** It creates the base for all other motor skills 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

## Training Program May/June 2012

May	Cardio	Strength	Speed/Agility	Flexibility	School sport
1	12 min run as far and fast as you can. Cooper run			Flex	
2	10 min warm up	S1		Flex	
3					
4					
5					
6	Running around the oval (Ch1 6 laps, Ch2 12laps)-moderate speed		Yellow	Flex	
7	CH II 5X 40 sec stairs, CH I 3X 30sec stairs/hill is okay			Flex	
8		S 2			
9					
10	CH II 4X 400m (oval) run, CH I 3X 200m run	S1	Green	Flex	
11					
12	10min warm up - running	S1			
13	Warm up		Yellow	Flex	
14					
15	CH II 5X 40m sprints, CH I 4X 20m sprints	S 2	Green	Flex	
16					
17					
18	Ch II 6X40sec stairs/hill. ChI 4X 30sec stairs/hill- remeber to warm up.			Flex	
19					
20					
21					
22	CH II 6X 100m sprints, CH I 5X 40m sprints	S2		Flex	
23	10min warm up		Yellow	Flex	
24					
25					
26	ChII 20min fast run, CH1 15min fast run			Flex	
27	10min warm up		Green	Flex	
28	Bike riding 45min (mountain bike, road bike) up an down				
29	10 min warm up	S 1		Flex	
30					
31					

## Training Program May/June 2012

June	Cardio	Strength	Speed/Agility	Flexibility	School sport
1	12 min run as far and fast as you can. (oval)			Flex	
2	10 min warm up		Green	Flex	
3					
4	Ch II 5X 200m sprint, ChI 5X 100m spirn			Flex	
5	10min warm up	S 2			
6					
7	20min slow steady run			Flex	
8	10min warm up		Green		
9	10min warm up - running	S1			
10	Warm up		Yellow	Flex	
11					
12	ChII 3X 3min hill, Chi 3 X 3min hill- find long hill		Green	Flex	
13					
14	Warm up	S2		Flex	
15					
16					
17	15min fast run				
18					
19	CH II 6X 100m sprints, CH I 5X 40m sprints			Flex	
20	10min warm up		Yellow	Flex	
21	Warm up	S1			
22					
23	ChII 30min fast run, CH1 20min fast run			Flex	
24	10min warm up	S2	Green	Flex	
25					
26	Ch II 4X 400m run (oval), Ch 1 4X 200m run			Flex	
27					
28					
29					
30		S1	Yellow	Flex	

# Strength/Strength Endurance

Exercises	Workout	Reps	Load	Sets	Rest interval	Notes
<b>Muscle building</b>			<b>Body weight</b>	<b>2</b>	<b>60 sec</b>	
Single leg squat - full range	S 1	a.m.a.p		2		ensure moving foot is supported with a wedge- if you can not do it move as far as you can
Leg curls-using the ball	S1	a.m.a.p		2		soccer ball can be used as well
Lat squat	S1	a.m.a.p		2		Watch technique
Lunge	S2	a.m.a.p		2		Keep balance
Chin ups -	S1	a.m.a.p		2		Both grips are okay
Pull ups	S2	a.m.a.p		2		
Push ups	S1/S2	a.m.a.p		2		Full range
Vertical Jumps	S1	CH I-10, Ch2 15		2		Explosive
Tuck Jumps	S2	CH I-10, Ch II 15		2		Explosive
Penta jumps (5Jumps as far as possible)	S2	5		2		5 consecutive jumps
Lateral jumps (side to side)	S2	Ch1 15, Ch2 20				double leg jumps
Burpees	S1	CH I-10, Ch2 15		2		Quick
Box Jumps 60sec - box 20cm high	S2	CH I-50sec-CH II-70sec		2		Remember even if you tired keep on going
Calf raisers	S1	a.m.a.p		2		full range
<b>Core Strength</b>						
Exercises	Workout	Reps	Load	Sets	Rest interval	Notes
Lat crunches on fit ball	S1	a.m.a.p		2		
Sit up with ball	S 2	a.m.a.p		2		controlled movement
Back extension on ball/floor	S2	Ch1 10-Ch II 15		2		
Lateral Plank	S2	Ch1-10-Ch2 20 each		2		
Plank	S 1	as long as possible		2		
Hanging crunches	S 2	as many as possible		2		

# Strength/Strength Endurance

single leg squat full range



Leg curl



Lateral Squat



lunges with or without weights



single calf raise



chin ups



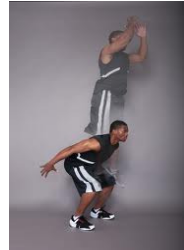
Pull ups



Push ups



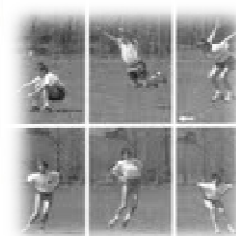
Vertical jump



Tuck jump



Penta jump/



lateral jump



box jump



Burpees

Lateral Plank-leg lift



Plank



Back extension



Lateral crunch



sitp up with ball



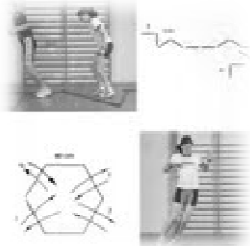
Hanging reverse crunch



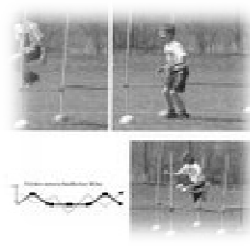
## Speed-green/Agility-yellow

Exercise	Duration	Reps	Sets	Rest	Notes
Star jump variation	you can also create your own-see below	3 rounds	2	2min between sets	Jump as quick as you able to- not touching the line. Use tape to mark the star 60cm -as seen below
Obstacle run-create your own	30sec duration	CH II -3, CH I -2	2	2min between sets	create your own
Slalom sit ball	=C5Ch1 15-30, ch2-20-40sec	6balls and repeat	ch I-2sets Ch II-4sets	2min between sets	stepping over the ball to be able to touch the ball with your behind
Obstacle course	Ch1 15sec, Ch2 up to 30sec		Ch I 2set,Ch II-3		create your own
Balance activities	5min-bosu ball, fit ball skate board, inline skating		1		whatever you love, like to do
Illinois run	change direction as in test		5 runs	2min	
Quick feet on floor	10sec as fast, quick as you can		3 sets		
Quick feet standing	10sec		2 sets		keep arms off body
Quick feet with boots	10sec as fast, quick as you can		2 sets	2min	give it a go
rope balance	10min-Slackline				Fence will do too
Tramplining	Slalom jumps,360, flip?, tuck jump, torso twists etc	5min	4 sets	1min between sets	great for skiing
Slalom run	hands on your hip, hands free -alternate		Ch I 2set,Ch II-	60sec rest between	Run as fast you can thru the course

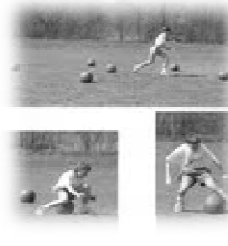
**Star Jump-60cm**



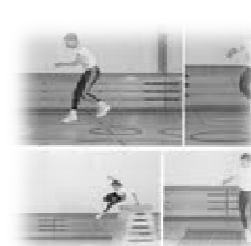
**Obstacle**



**Slalom sit ball**



**Obstacle variation**



**Tramplining**



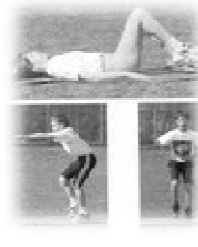
**Obstacle course**



**Balance activities**



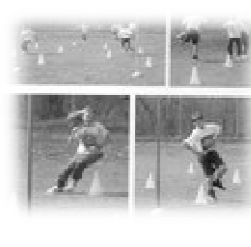
**Quick step floor, quick step standing**



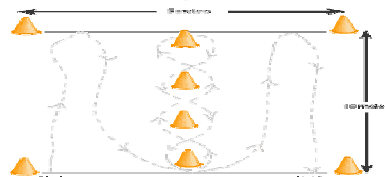
**Balancing**



**Slalom runs**



**Illinois run-10m by 5m**





# Stretching



**Reps:**  
**Holding of stretch**  
**Intensity:**  
**When to stretch:**

**Sets:**  
**Notes:**  
**Variety:**

4  
 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  
 1  
 Foam rolling exercises are essential for skiers  
 dynamic stretchy 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