SSA ALPINE U 14, U12
CONDITIONING PROGRAMS May/June 2014

STRENGTH

SUPPLENESS

SKILL & SPEED

STAMINA

TOOLS you need as a young athletes

Drinking bottles

Heart rate monitor (under 14)

Personal training diary

Slack line-or similar

Good running shoes

Gaolsetting

SSA Alpine

Recording Sheets : U14, U12

First name	
Last name	

Test / Challenge	Measu	# 1 Test	Goal	2 Test	Goal	3 Test	Goal
		Date					
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							
Single jump - both legs							
Penta Jump - both							
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							
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 baring activitie	Skiing is a weight bearing activity thus training must consist out of
	weight bearing activities such as jumping and running
Why lateral strength/jump	In skiing forces such as speed, terrain, turn courses, snow conditions
exercises	effecting athletes thus joints and soft tissue must be protected
Why agility	Ever changing conditions on the hill force athletes to anticipate, be proactive
Why reactive jumping and	It strengthens the joint (ankle, hip, knee, spine) and improves
Plyometrics are so critical	Use this training program also as your training ledger!
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 2014

May	Cardio/Minimum cardio workouts -	Xfit circuit-choose any days	Speed/Agility	Flexibillity	School sport
1	4X 200m hill runs all age groups	Block 3/4 8min	Agility	**After each training session**	
2	U 12- 2km fast run, U 14 3km fast run				
3					
4	Weekend Group Training?				
5	U 14: 5X 400m run around the oval - 1 min rest U 12: 3X 400m run around oval. As fast as possible	Block 5/6	Speed		
6	2.5km run - U 14 3km run				
7					
8					
9					
10					
11	Weekend Group Training?				
12	12 min run as far as possible- 10min warm up first	blocks 7/8	Agility		
13					
14					
15					
16					
17					
18	Weekend Group Training?				
19	4X 300m hill runs -5min rest between runs	blocks 3/4	Speed		
20	U14 5X 200m sprints U12 4X 200m sprints				
21					
22					
23					
24					
25	Weekend Group Training?				
26	3X 400m hill sprints - all age goups	Block 1	Agility		
27					
28					
29					
30					
31					

Manfred Wolscher, Exercise Therapist, manfred.wolscher@gmail.com, Mob 0417 778 872

# Training Program May/June 2014

June	Cardio- choose your days	Xfit circuit-choose your days	Speed/Agility	Flexibility	School sport
1	Balmoral Burn if you in Sydney!				
2	2km run as fast as possible - all age groups	Block 7/8--9min- each block	Agility	After each session	
3	U14- 4X400m sprint--U12- 3X 400m sprint-3min rest				
4					
5					
6					
7					
8	Weekend Group Training				
9	U 12: 3X 400m run around oval. As fast as possible	Block3/4---9min each block	Speed/Jumping		
10	20min jogging - easy run all age groups				
11					
12					
13					
14					
15	Weekend Group Training				
16	12 min run as far as possible- 10min warm up first	Block 5/6 ----10min each block	Agility		
17					
18					
19					
20					
21					
22	Weekend Group Training				
23	2km run as fast as possible - all ages	Block 7/8 10min each block - all age	Speed/Jumping		
24		Block 1/4 - 10min each age group			
25					
26					
27					
28					
29	Weekend Group Training				
30					

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Speed-Green, Agility -Yellow

| Exercise	Duration	Reps	Sets	Rest	Notes
20m sprints		5 sprints	2	1min between sets	As fast as you can (make sure you have been warming up. At least 10min running or games.
Slalom sit ball	U 14: 15 sec, U12 10 sec	6balls and repeat	U 12-2sets U 14 -4sets	1min between sets	stepping over the ball to be able to touch the ball with your behind
Penta Jumps (5 consecutive Jumps)		5 conc jumps	U14: 4sets, U12: 2 sets		double legged jumps- make sure good form
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 ski boots	10sec as fast, quick as you can		2 sets	2min	give it a go
rope balance/Slack line	10min-Slackline				Fence will do too
Trampolining-	Slalom jumps,360, flip?, tuck jump, torso twists etc	5min	4 sets	1min between sets	great for skiing
Slalom run/sit ball	hands on your hip, hands free -alternate	10sec	U14: 4sets, U12: 2 sets	1min between runs	Run as fast you can thru the course

20 m Sprint
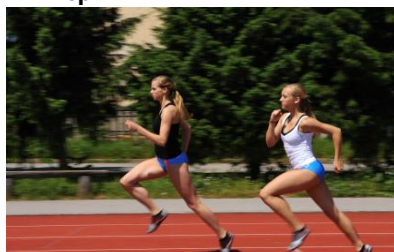
Penta jumps

Slalom sit ball

Trampolining

https://www.youtube.com/watch?v
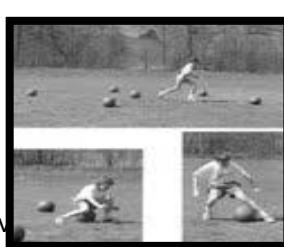
Balance activities

Quick step floor, quick step standing

Slalom runs

Illinois run -10m by 5m
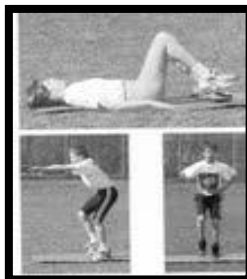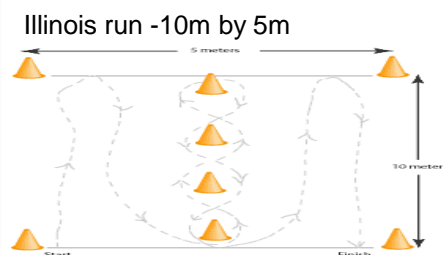
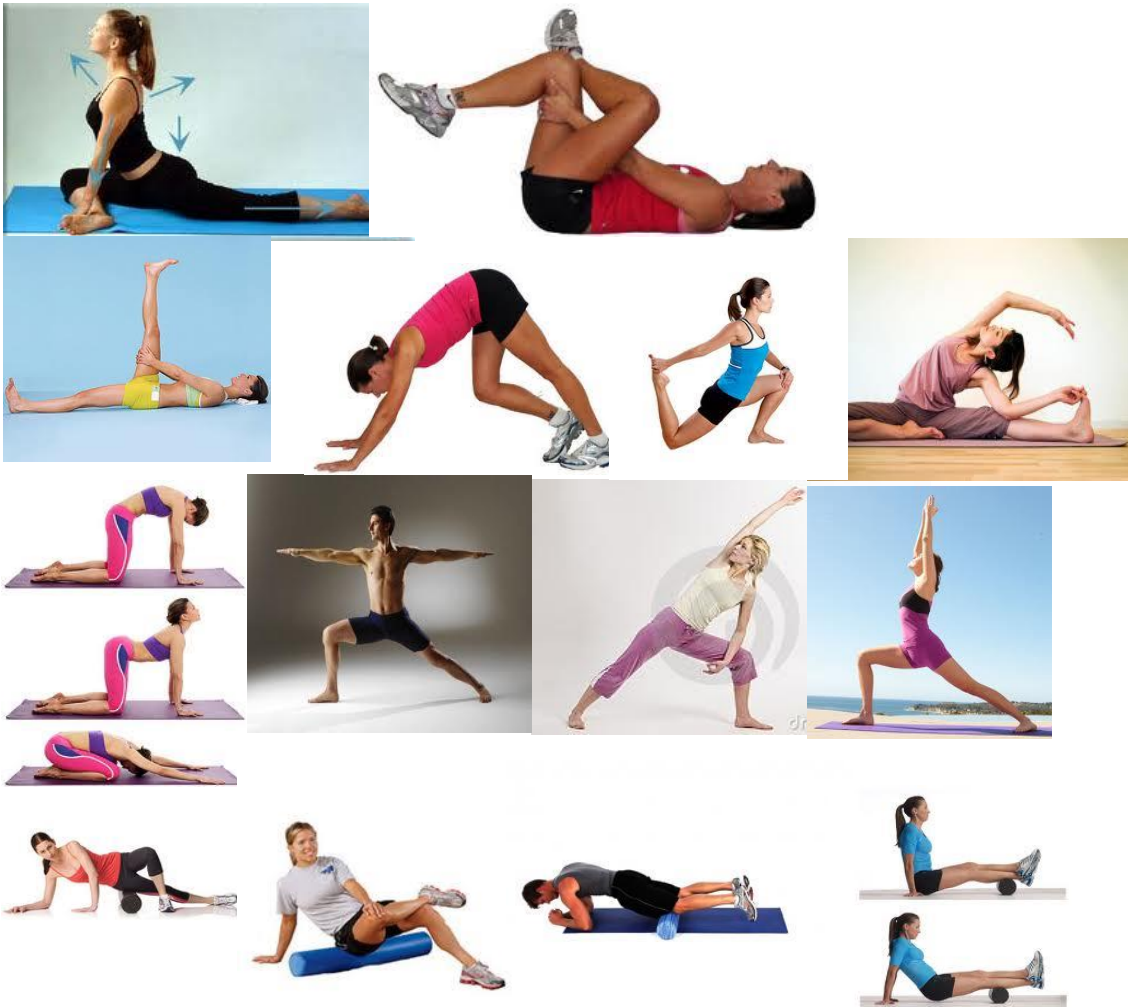# Each stretch 10sec repeat 4 times

Reps: 4
Holding o Note: choose training s 10sec
Intensity: Trying to stretch without major pressure and support
When to s   Use this training program also as your training ledger!
                                                    After cool down- all major muscle groups
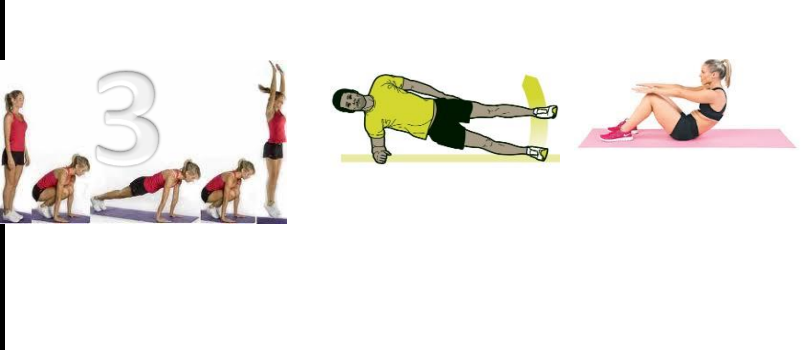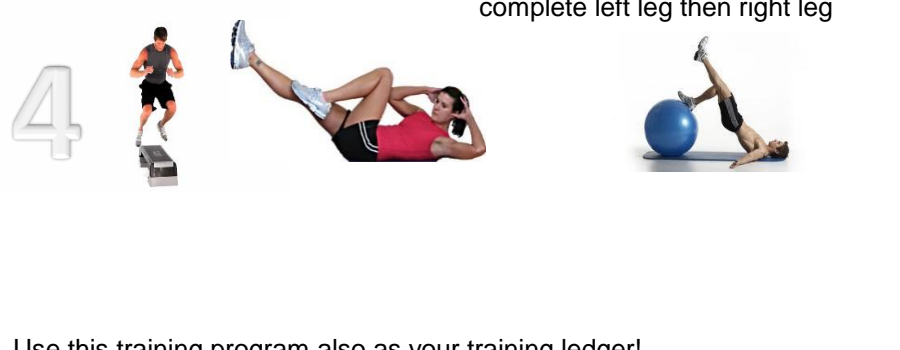**Sets:**   1
Notes: Foam rolling exercises are essential for skiers
Variety: dynamic stretching should be part of your stretching routine
                                                    It consists out of controlled leg and arm swings - gently take
                                                    to the limits of range of motion. No bouncing movement!
                                                    E.g: controlled arm swing, leg swing, torso rotation etc

Activity-Circuit 1	Weight	Reps		Notes	
Singl leg Squat-change leg each time	BW (Body weight)	10			
Alternate Knee to chest	BW	10			
Pullups	BW	10			
Vertical Jumps	BW (Body weight)	5		belly in and good form	
Lateral shuffle run 3m apart	BW	10		touch cones or object -be fast	
Hanging Reverse Curls	BW	5		if no bar - Pushup ups instead	
Burpees	BW (Body weight)	5			
Lat Planking with leg lift/change leg each time	BW	10		can do on knee as well	
Sit Ups -keep feet on floor	BW	10			
box jumps	BW	10			
Cross crunches	BW	15			
Leg curl single/double leg	BW	10		You may use	

Each block 8 minutes as hard as you can - keep good posture/form

one training session includes 2 blocks (6 exercises) 5min rest between blocks

2X circuit per week is ideal - choose every time 2 different blocks of exercises. If you run out of time one block is fine

Single leg squat   Alternate knee to chest Pull Pull ups   Vertical Jump   Lateral shuffle

Burpees   lat plank with leg lift   Sit Ups -feet on floor   box jumps (as in test)   Cross crunches   Leg curls-any ball
complete left leg then right leg

Use this training program also as your training ledger!

Activity -Circuit 2	Weight	Reps		Notes
Push ups with med ball	BW	10		
Med Ball/Ball through into ground	U14 3kg/U12 ball	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		
Planking leg lift -each leg	BW	10		
Russian Twist	Ball	10		
Skipping	BW	20		

Each block 8 minutes as hard as you can do- Each exercise must be performed with good posture/form

One training session includes 2 blocks (6 exercises) 3min rest between blocks- if you run out of time one block is fine

Push Up on one leg   Ball through into ground   Lat.step up jumps/jumps

Split jumps   dips   Pull ups - using fence or bar

Tuck Jumps   Clap Push Ups   Chin ups

Plank-leg lift   Russian twist   Skipping

Complete as many rounds and reps as possible in 8 minutes