



SKI &
SNOWBOARD
AUSTRALIA



SSA ALPINE U 14, U12 CONDITIONING PROGRAM MAY/JUNE 2015



TOOLS you need as a young athletes

Drinking bottles



Heart rate monitor (under 14)



Personal training diary



Slack line-or similar



Good running shoes



Skiers Edge www.skiedgefitness.com.au



Great way to get fit for skiing

Goal setting

SSA Alpine
Goal setting U14 U12



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							
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: U14 30cm, U12 20cm	# touches		N/A		N/A		N/A
Cooper 12 min run							
20m shuttle	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 May2015

Choose your training days as able- These are minimum sessions per week in each training category					
May	Cardio	Xfit circuit	Speed/Agility	Flexibility	School sport
1		U14 2 blocks, U12 1 block	Speed Green	3X per week	
2		U14 2 blocks, U12 1block			
3					
4	U14 4X 400m runs, U12 3X 400m runs 1x 10min run as fast as you can	U14 2 blocks, U 12 1block	Agility Yellow		
5					
6					
7		U14 6 exercises (40/20 sec) 3X each			
8		exercise			
9					
10					
11	U14 6X 100m sprints, U 12 4X 100 m sprints 1x 10min run as fast as you can	U14 2 blocks , U12 1 block	Speed Green		
12		U 14 2 Blocks U 12 1 Block			
13					
14					
15					
16					
17					
18	12min run as far as you can run	U14 2 blocks , U12 1 block	Agility Yellow		
19					
20					
21					
22					
23					
24					
25	U14 4X 400m sprints, U12 2X 400m sprints 4X 1min hill runs	U12 1 block	Speed green		
26					
27					
28		U14 6 exercises (40/20 sec) 3X each			
29		exercise			
30					
31					

Training Program June2015

Choose your training days as able- These are minimum sessions per week in each training category					
June	Cardio	Xfit circuit	Speed/Agility	Flexibility	School sport
1	1000m run as fast as possible (after 10min warm up)	U14 2 blocks, U12 1 block	AgilityYellow	3X per week	
2		U14 6 exercises (40/20 sec) 3X each			
3		exercise			
4					
5					
6					
7					
8	Obstacle run - build your own approx. 90sec-3X U14 2X U12	U14 2 blocks, U12 1 block	Speed Green		
9		U14 2 blocks U12 1 block			
10					
11					
12					
13					
14					
15	Find hill aprox 60 sec- U14 4X U12 3X 1x 10min run as fast as you can	U14 2 blocks , U12 1 block	Agility Yellow		
16					
17		U14 6 exercises (40/20 sec) 3X each			
18		exercise			
19					
20					
21					
22	12min Cooper run - as far as you can go.	U14 2 blocks , U12 1 block	Speed Green		
23					
24					
25		U14 6 exercises (40/20 sec) 3X each			
26		exercise			
27					
28					
29	U14 5X 400m sprints, U12 4X 400m sprints 20min run slow and steady		Speed Green		
30					

Speed-green/Agility-yellow

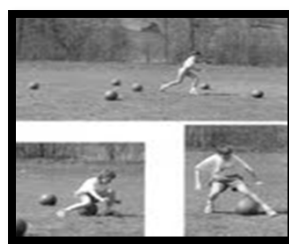
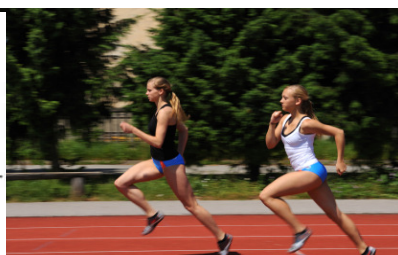
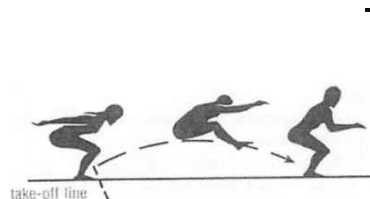
Exercise	Duration	Reps	Sets	Rest	Notes
20m sprints		5 sprints	2	1min between sets	As fast as you can (make sure you have been warming up. At least 10min running or games.
Slalom sit ball	U 14: 15 sec, U12 10 sec	6balls and repeat	U 12-2sets U 14 -4sets	1min between sets	stepping over the ball to be able to touch the ball with your behind
Penta Jumps (5 consecutive Jumps)		5 conc jumps	U14: 4sets, U12: 2 sets	30sec between 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/T-run	change direction as in test or build your own		5 runs	2min	run around the cones as quick as possible
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	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	hands on your hip, hands free -alternate	10sec	U14: 4sets, U12: 2 sets	1min between runs	Run as fast you can thru the course

Penta Jumps

20m sprint

Slalom sit ball

Trampolining



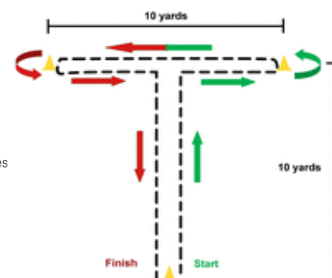
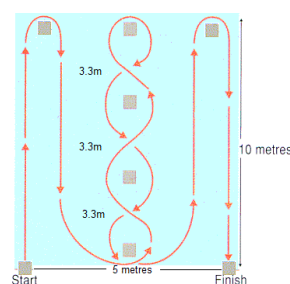
Balance activities



Quick step floor, quick step standing



Agility

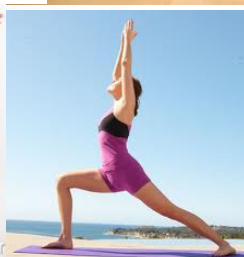
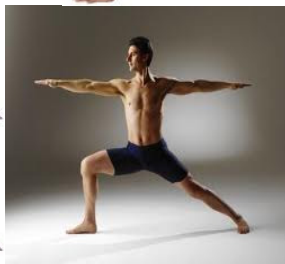


Slalom runs



Stretching

Each stretch 10sec repeat 4 times



Reps:
Holding of stretch
Intensity:
When to stretch:

4

10sec
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

Sets:
Notes:
Variety:

1

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

Activity Circuit 1	Weight	Reps		
Single leg Squat-change leg each time	BW (Body weight)	10		Keep you knee in alingnment with toes
Alternate Knee to chest	BW	15		Speed it up
Pullups on bar, fence, railing etc	BW	5		Pull up anywhere you can
Vertical Jumps	BW (Body weight)	5		
Clapping Pushups on knees	BW	5		Keep strong in knees
Hanging Reverse Curls	BW	5		
Burpees	BW (Body weight)	5		
Push Ups	BW	5		
Sit Ups -keep feet on floor	BW	10		
box jumps	BW	20		
Mountain Climbers	BW	10		
Leg curl double leg	BW	10		you can also use a soccer ball!

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

One training session includes 1blocks (3 exercises) for U12 and for U14 2 blocks of 3 exercises each - 3min rest between blocks

U 14 choose 6 exercises (two blocks) each exercise 40sec on 20sec off repeat 3 sets of each exercise then move on to next

Single leg squat



Alternate knee to chest Pull ups



Vertical Jump



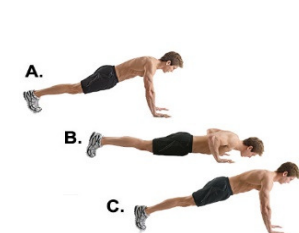
Clapping Pushups



Burpees



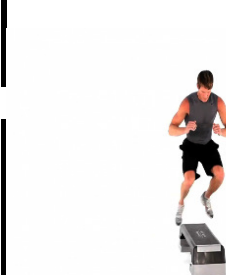
Push Ups



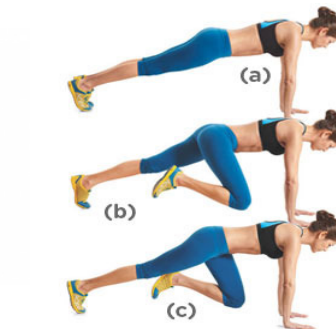
Sit Ups -feet on floor



Lat steps/box jumps



Mountain Climbe



Leg curls

