



SSA ALPINE U 14, U12  
CONDITIONING PROGRAMS Sept/Oct 2014



# TOOLS you need as a young athletes

Drinking bottles



Heart rate monitor (under 14)



Personal training diary



Slack line-or similar



Good running shoes





# Goal setting

SSA Alpine  
Recording Sheets : CHILDREN

|            |  |
|------------|--|
| First name |  |
| Last name  |  |



| Test / Challenge         | Date        | # 1   |      | # 2  |      | # 3  |      |
|--------------------------|-------------|-------|------|------|------|------|------|
|                          |             | Measu | Test | Goal | Test | Goal | Test |
| 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 Sept/Oct 2014

| Sept | Cardio/Minimum cardio workouts -  | Xfit circuit-choose any days | Speed/Agility | Flexibility | School sport |
|------|---|------------------------------|---------------|-------------|--------------|
| 1    |   |                              | Yellow        |             |              |
| 2    | U 12- 2km fast run, U 14 3km fast run   |                              |               |             |              |
| 3    |   | Block 3- 8min                |               |             |              |
| 4    |   |                              |               |             |              |
| 5    |   |                              |               |             |              |
| 6    |   |                              |               |             |              |
| 7    | 4X 200m hill runs all age groups  |                              |               | Flex        |              |
| 8    |   |                              | Green         | Flex        |              |
| 9    | U 14: 5X 400m run around the oval 3min rest betw.runs<br>U 12: 3X 400m run around oval. As fast as possible |                              |               |             |              |
| 10   |   | Block 1 8min                 |               |             |              |
| 11   |   |                              |               | Flex        |              |
| 12   |   |                              |               |             |              |
| 13   | 2.5km run - U 14 3km run  |                              |               |             |              |
| 14   |   | block 4 8min                 |               |             |              |
| 15   |   |                              |               |             |              |
| 16   |   |                              | Yellow        | Flex        |              |
| 17   |   |                              |               |             |              |
| 18   | 12 min run as far as possible- 10min warm up first  |                              |               |             |              |
| 19   |   |                              |               | Flex        |              |
| 20   |   | block - 5 8min               |               |             |              |
| 21   | 4X 300m hill runs -5min rest between runs   |                              |               |             |              |
| 22   |   |                              |               |             |              |
| 23   |   |                              |               | Flex        |              |
| 24   |   |                              | Green         | Flex        |              |
| 25   |   |                              |               |             |              |
| 26   | U14 5X 200m sprints U12 4X 200m sprints   |                              |               |             |              |
| 27   |   | blocks 3/4 8min each         |               |             |              |
| 28   |   |                              |               |             |              |
| 29   |   |                              |               |             |              |
| 30   |   |                              |               |             |              |

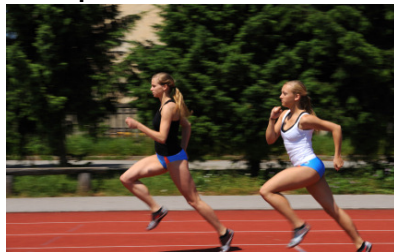
## Training Program Sept/Oct 2014

| Oct | Cardio- choose your days                           | Xfit circuit-choose your days       | Speed/Agility | Flexibility | School sport |
|-----|--|-------------------------------------|---------------|-------------|--------------|
| 1   | 2km run as fast as possible - all age groups       |                                     |               | Flex        |              |
| 2   |  | Block 7/8--9min- each block         |               |             |              |
| 3   |  |                                     |               |             |              |
| 4   |  |                                     |               |             |              |
| 5   |  |                                     | Yellow        |             |              |
| 6   |  |                                     | Green         | Flex        |              |
| 7   | U 12: 3X 400m run around oval. As fast as possible |                                     |               |             |              |
| 8   |  | Block3/4---8min each block          |               |             |              |
| 9   |  |                                     |               | Flex        |              |
| 10  |  |                                     |               |             |              |
| 11  | 20min jogging - easy run all age groups            |                                     |               |             |              |
| 12  |  | Block 5/6 ----10min each block      |               |             |              |
| 13  |  |                                     |               |             |              |
| 14  |  |                                     | Yellow        | Flex        |              |
| 15  |  |                                     |               |             |              |
| 16  | 12 min run as far as possible- 10min warm up first |                                     |               |             |              |
| 17  |  |                                     |               | Flex        |              |
| 18  |  |                                     |               |             |              |
| 19  |  |                                     |               |             |              |
| 20  |  |                                     |               |             |              |
| 21  |  | Block 7/8 9min each block - all age |               | Flex        |              |
| 22  |  |                                     | Green         | Flex        |              |
| 23  | 2km run as fast as possible - all ages             |                                     |               |             |              |
| 24  |  | Block 1/4 - 9min each age group     |               |             |              |
| 25  |  |                                     |               |             |              |
| 26  |  |                                     |               |             |              |
| 27  |  |                                     |               |             |              |
| 28  |  |                                     |               |             |              |
| 29  |  |                                     |               |             |              |
| 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<br>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,<br>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,<br>U12: 2 sets | 1min between runs | Run as fast you can thru the course  |

**20 m Sprint**

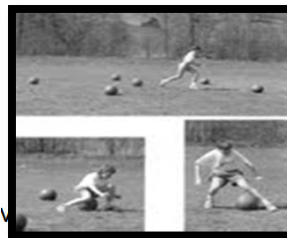


**Penta jumps**



<https://www.youtube.com/watch?v=>

**Slalom sit ball**



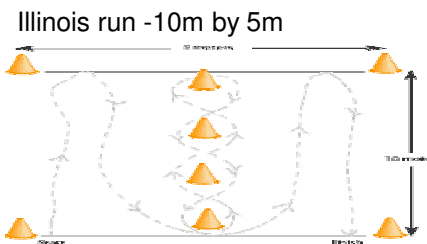
**Trampolining**



**Balance activities**



**Quick step floor, quick step standing**



**Slalom runs**



# Stretching

Each stretch 10sec repeat 4 times



**Reps:**  
**Holding of stretch**  
**Intensity:**  
**When to stretch:**  
**Sets:**  
**Notes:**  
**Variety:**

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  
 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


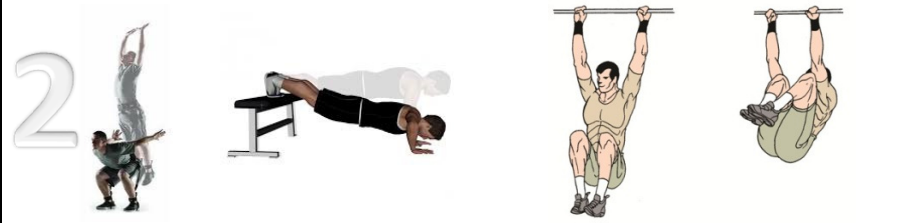
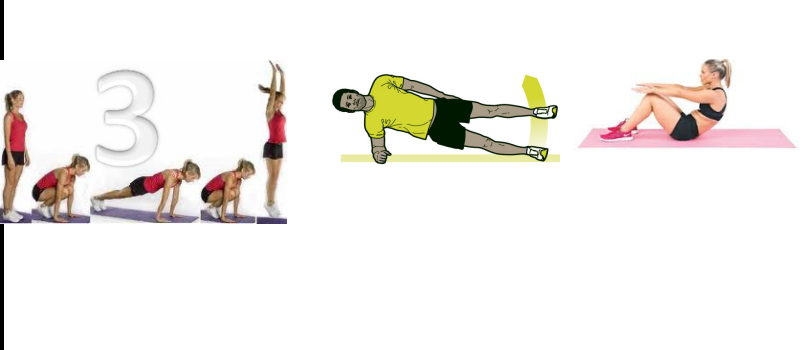
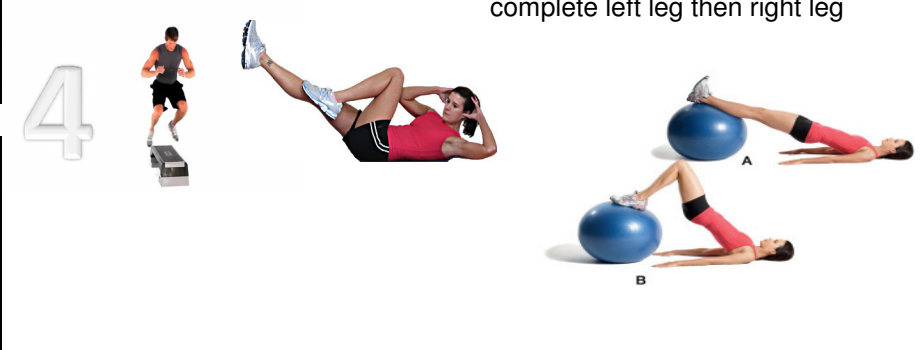


| Activity  | Weight           | Reps           |    |  | Notes                               |
|---|------------------|----------------|----|--|-------------------------------------|
| Singl leg Squat-complete 10 each leg            | BW (Body weight) | 10each         |    |  |                                     |
| Alternate Knee to chest                         | BW               |                | 10 |  |                                     |
| Pullups   | BW               |                | 10 |  |                                     |
| Vertical Jumps                                  | BW (Body weight) |                | 5  |  | belly in and good form              |
| decline Pushups (place feet/knees on bench)     | BW               | U14 -10 U12- 5 |    |  | Flat push ups will do as well?knees |
| Hanging Reverse Curls                           | BW               |                | 5  |  | if no bar - alternate exercise      |
| 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 |  |                                     |

Each block 8 minutes as hard as you can - choose weight which is doable with good posture/form

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













2X circuit per week - choose every time 2 different blocks of exercises.

|   |   |
|---|---|
| <p>Single leg squat      Alternate knee to chest      Pull Pull ups</p>   | <p>Vertical Jump      Decline Pushups      Hanging Reverse Curls</p>   |
| <p>Burpees      lat plank with leg lift      Sit Ups -feet on floor</p>  | <p>box jumps (as in test)      Cross crunches      Leg curls-any ball complete left leg then right leg</p>  |

| Activity -Circuit 2                   | Weight               | Reps      |  |  |  |
|---------------------------------------|----------------------|-----------|--|--|--|
| Push ups                              | BW                   | 10        |  |  |  |
| Med Ball/Ball through into ground     | U14 3kg/U12 soc.ball | 10        |  |  |  |
| Lat. Step up jumps (stay on same leg) | BW                   | 10        |  |  |  |
| Lunge split jumps                     | BW                   | 5         |  |  |  |
| Dips                                  | BW                   | 10        |  |  |  |
| Pull ups                              | BW                   | 10        |  |  |  |
| Tuck Jumps                            | BW                   | 10        |  |  |  |
| Clap Pushups                          | BW                   | 10        |  |  |  |
| Chin ups                              | BW                   | 5 Attempt |  |  |  |
| 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

|  |   |  |  |   |  |
|--|---|--|--|---|--|
| Push Up<br>     | Ball through into ground<br> | Lat.step up jumps/jumps<br> | Split jumps<br>      | dips<br>           | Pull ups - using fence or bar<br> |
| 5  |   |  |  |   |  |
| Tuck Jumps<br> | Clap Push Ups<br>           | Chin ups<br>              | Plank-leg lift<br> | Russian twist<br> | Skipping<br>                     |
| 7  |   |  |  |   |  |
| 8  |   |  |  |   |  |

Complete as many rounds and reps as possible in 8 minutes