



SKI & RIDE CONDITIONING

Overview

Ski & Ride Conditioning is designed to prepare athletes for lift-assisted downhill, side country, and the backcountry. Skiing and snowboarding have very specific fitness demands with emphasis on leg and core strength. Each workout is composed of warm-up/mobility drills for the legs, hips, shoulders and strength & conditioning exercises as follows: lower body, upper body, core, full body, lower body power.

This program trains 2x/week for 8 weeks for a total of 16 sessions. The workouts can also be condensed to a 3x/week program for 5 weeks. The workouts can be completed in about 45 minutes.

After the warm-up, complete the strength & conditioning exercises in a circuit, one right after another, with little to no rest between drills. Then rest 1-2 minutes between rounds. The odd and even numbered sessions are composed of slightly different exercises that provide some variety, but with enough similarity to produce consistent gains. Maintain good/neutral skeletal alignment - especially as fatigue builds. If you lose alignment/form then reduce weight and rest for an additional 30-60 secs between sets. The program progresses, getting more physically challenging each week as you get stronger. So don't skip around – do all the workouts in order.

Overall, this training is designed to get you slope strong, stable and sport-specifically fit. We have removed the traditional heavy squatting and deadlifts, as this strength does not seem to transfer well to the demands of all mountain skiing that favor eccentric leg strength and power.

In addition, we have reduced many of the high impact/jumping movements as most older knees don't need the extra wear and tear. The program also focuses on durability and endurance so you can reduce the chance of injury and perform well all season.

Enjoy.

Any questions email: mikec@southyubaclub.com

Exercises

Unsure how to do some of the exercises in this program? Click [HERE](http://www.southyubaclub.com/exercises) to access our on-line video demos (www.southyubaclub.com/exercises).

- Mini Leg Blaster/Quadzilla (Body Weight or TRX) - 10x Squats + 10x Reverse Lunges (5/leg) + 5x Jump Squats.
- Leg Blaster/Quadzilla (Dumbbells) - 10x Squats (w wts) + 10x Lunges (w wts 5/leg) + 10x Jump Lunges (body wt 5/leg) + 10x Squat Jumps (body wt).
- Front Squats (Dumbbells/Kettlebells) - Rack DBs/KBs at shoulder. Brace core and initiate squat with hips. Torso/shin angle should be similar. Perform reps at a slow/medium pace with heavy weights.
- Renegade Rows (Dumbbells) - Plank position w/ DBs, push up, row left arm, row right arm = 1 rep. Perform reps with heavy weight.
- Man Makers (Dumbbells) - Burpee + curl + shoulder press = 1 rep. Perform reps with medium weight.
- Crush Curl (Kettlebell) - Hold KB at waist with both hands. Squat, up-curl KB at bottom of squat, stand up, uncurl KB top of squat = 1 rep. Perform reps with medium weight.
- Suicides (Dumbbells) - Rack DBs at shoulders. Rev lunge, knee to ground. Then to tall kneeling, then opposite foot forward and stand up = 1 Rep. Repeat opposite side. Can substitute with DB Step Ups.
- Half Moons - In a tall kneeling position, hinge at hip then sweep a weight plate from hip, to over head, to opposite hip = 1 rep. Repeat movement in the opposite direction.
- Weighted Sit-ups + Russian Twist: Lie on back with hands holding weight plate over shoulders. Drive wt plate up overhead as you perform a sit up and then back down - complete all reps. + Sitting on butt/knees bent, lean back slightly and rotate weight plate from hip to hip - complete all reps.
- Z Hops (Body Weight) - Hop right, hop forward, hop right then reverse pattern = 1 rep.
- Jump Touch Jump (Body Weight) - Jump/step laterally to top of 6"-16" box then down on the other side, touching ground w/ inside hand = 1 rep. Repeat in the opposite direction.

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WEEK 1

Session 1

Warm-up - 3 Rounds

- Walking Lunges w/ OH Reach 10x
- Rotational Squats 10x
- Frankenstein's 10x

2 Rounds

- Pump 3x
- T-Dogs 5/5x

Strength & Conditioning - 3 Rounds

- Mini Leg Blasters 10/10/5x wt: _____
- Renegade Rows 5x wt: _____
- Half Moons 16x wt: _____
- Crush Curls 6x wt: _____
- Z-Hops 3x

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

Session 2

Warm-up - 3 Rounds

- Knee Pulls 10x
- Rotational Squats 10x
- Lateral Step 10x

2 Rounds

- Super Planks 6x
- Snow Angels 8x

Strength & Conditioning - 3 Rounds

- Front Squats 8x wt: _____
- Man Makers 5x wt: _____
- Wtd Sit-ups 10x + R Twist 20x wt: _____
- Suicides 4x wt: _____
- Jump Touch Jump 10x

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

WEEK 2

Session 3

Warm-up - 3 Rounds

- Walking Lunges w/ OH Reach 10x
- Rotational Squats 10x
- Frankenstein's 10x

2 Rounds

- Pump 3x
- T-Dogs 5/5x

Strength & Conditioning - 3 Rounds

- | | |
|------------------------------|-----------|
| • Mini Leg Blasters 10/10/5x | wt: _____ |
| • Renegade Rows 5x | wt: _____ |
| • Half Moons 16x | wt: _____ |
| • Crush Curls 6x | wt: _____ |
| • Z-Hops 3x | |

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

Session 4

Warm-up - 3 Rounds

- Knee Pulls 10x
- Rotational Squats 10x
- Lateral Step 10x

2 Rounds

- Super Planks 6x
- Snow Angels 8x

Strength & Conditioning - 3 Rounds

- | | |
|---------------------------------|-----------|
| • Front Squats 8x | wt: _____ |
| • Man Makers 5x | wt: _____ |
| • Wtd Sit-ups 10x + R Twist 20x | wt: _____ |

- Suicides 4x
- Jump Touch Jump 10x

wt: _____

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

WEEK 3

Session 5

Warm-up - 3 Rounds

- Walking Lunges w/ OH Reach 10x
- Rotational Squats 10x
- Frankenstein's 10x

2 Rounds

- Pump 3x
- T-Dogs 5/5x

Strength & Conditioning - 3 Rounds

- | | |
|-----------------------------|-----------|
| • Leg Blasters 10/10/10/10x | wt: _____ |
| • Renegade Rows 5x | wt: _____ |
| • Half Moons 16x | wt: _____ |
| • Crush Curls 6x | wt: _____ |
| • Z-Hops 4x | |

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

Session 6

Warm-up - 3 Rounds

- Knee Pulls 10x
- Rotational Squats 10x
- Lateral Step 10x

2 Rounds

- Super Planks 6x
- Snow Angels 8x

Strength & Conditioning - 3 Rounds

- Front Squats 8x wt: _____
- Man Makers 5x wt: _____
- Wtd Sit-ups 10x + R Twist 20x wt: _____
- Suicides 4x wt: _____
- Jump Touch Jump 12x

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

WEEK 4

Session 7

Warm-up - 3 Rounds

- Walking Lunges w/ OH Reach 10x
- Rotational Squats 10x
- Frankenstein's 10x

2 Rounds

- Pump 3x
- T-Dogs 5/5x

Strength & Conditioning - 3 Rounds

- Leg Blasters 10/10/10/10x wt: _____
- Renegade Rows 5x wt: _____
- Half Moons 16x wt: _____
- Crush Curls 6x wt: _____
- Z-Hops 4x

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

Session 8

Warm-up - 3 Rounds

- Knee Pulls 10x
- Rotational Squats 10x
- Lateral Step 10x

2 Rounds

- Super Planks 6x
- Snow Angels 8x

Strength & Conditioning - 3 Rounds

- Front Squats 8x wt: _____
- Man Makers 5x wt: _____
- Wtd Sit-ups 10x + R Twist 20x wt: _____
- Suicides 4x wt: _____
- Jump Touch Jump 12x

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

WEEK 5

Session 9

Warm-up - 3 Rounds

- Walking Lunges w/ OH Reach 10x
- Rotational Squats 10x
- Frankenstein's 10x

2 Rounds

- Pump 3x
- T-Dogs 5/5x

Strength & Conditioning - 3 Rounds

- Leg Blasters 10/10/10/10x wt: _____
- Renegade Rows 5x wt: _____
- Half Moons 20x wt: _____
- Crush Curls 8x wt: _____
- Z-Hops 5x

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

Session 10

Warm-up - 3 Rounds

- Knee Pulls 10x
- Rotational Squats 10x
- Lateral Step 10x

2 Rounds

- Super Planks 6x
- Snow Angels 8x

Strength & Conditioning - 3 Rounds

- | | |
|---------------------------------|-----------|
| • Front Squats 10x | wt: _____ |
| • Man Makers 5x | wt: _____ |
| • Wtd Sit-ups 10x + R Twist 20x | wt: _____ |
| • Suicides 6x | wt: _____ |
| • Jump Touch Jump 14x | |

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

WEEK 6

Session 11

Warm-up - 3 Rounds

- Walking Lunges w/ OH Reach 10x
- Rotational Squats 10x
- Frankenstein's 10x

2 Rounds

- Pump 3x
- T-Dogs 5/5x

Strength & Conditioning - 3 Rounds

- | | |
|-----------------------------|-----------|
| • Leg Blasters 10/10/10/10x | wt: _____ |
| • Renegade Rows 5x | wt: _____ |
| • Half Moons 20x | wt: _____ |
| • Crush Curls 8x | wt: _____ |
| • Z-Hops 5x | |

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

Session 12

Warm-up - 3 Rounds

- Knee Pulls 10x
- Rotational Squats 10x
- Lateral Step 10x

2 Rounds

- Super Planks 6x
- Snow Angels 8x

Strength & Conditioning - 3 Rounds

- Front Squats 10x
- Man Makers 5x
- Wtd Sit-ups 10x + R Twist 20x
- Suicides 6x
- Jump Touch Jump 14x

wt: _____

wt: _____

wt: _____

wt: _____

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

WEEK 7

Session 13

Warm-up - 3 Rounds

- Walking Lunges w/ OH Reach 10x
- Rotational Squats 10x
- Frankenstein's 10x

2 Rounds

- Pump 3x
- T-Dogs 5/5x

Strength & Conditioning - 3 Rounds

- Leg Blasters 10/10/10/10x
- Renegade Rows 5x
- Half Moons 20x
- Crush Curls 8x
- Z-Hops 6x

wt: _____

wt: _____

wt: _____

wt: _____

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch

- Foam Roll: Calves, Quads, Glutes, Upper Back

Session 14

Warm-up - 3 Rounds

- Knee Pulls 10x
- Rotational Squats 10x
- Lateral Step 10x

2 Rounds

- Super Planks 6x
- Snow Angels 8x

Strength & Conditioning - 3 Rounds

- | | |
|---------------------------------|-----------|
| • Front Squats 10x | wt: _____ |
| • Man Makers 5x | wt: _____ |
| • Wtd Sit-ups 10x + R Twist 20x | wt: _____ |
| • Suicides 6x | wt: _____ |
| • Jump Touch Jump 16x | |

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

WEEK 8

Session 15

Warm-up - 3 Rounds

- Walking Lunges w/ OH Reach 10x
- Rotational Squats 10x
- Frankenstein's 10x

2 Rounds

- Pump 3x
- T-Dogs 5/5x

Strength & Conditioning - 3 Rounds

- | | |
|-----------------------------|-----------|
| • Leg Blasters 10/10/10/10x | wt: _____ |
| • Renegade Rows 5x | wt: _____ |
| • Half Moons 20x | wt: _____ |
| • Crush Curls 8x | wt: _____ |
| • Z-Hops 6x | |

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

Session 16

Warm-up - 3 Rounds

- Knee Pulls 10x
- Rotational Squats 10x
- Lateral Step 10x

2 Rounds

- Super Planks 6x
- Snow Angels 8x

Strength & Conditioning - 3 Rounds

- Front Squats 10x wt: _____
- Man Makers 5x wt: _____
- Wtd Sit-ups 10x + R Twist 20x wt: _____
- Suicides 6x wt: _____
- Jump Touch Jump 16x

Recovery

- Multi-directional Calf Stretch
- HF/Quad Stretch
- Foam Roll: Calves, Quads, Glutes, Upper Back

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Notes