

Conditioning for Skiing and Snowboarding

In fitness training, there are many different exercise methods available to help people achieve their goals. Whether it is yoga, Olympic style weightlifting, Pilates, powerlifting, plyometrics, body building, tai chi, calisthenics, functional training, medicine ball training, aerobic step classes, SAQ training, and many others, no single style is best suited to accomplish every goal.

Although any style of exercise may help someone improve their fitness and overall general health, training for skiing and snowboarding requires a highly specialized exercise program.

Ski/boardng is an unstable sport requiring high degrees of dynamic balance, anaerobic endurance, and strength/endurance. Therefore, whatever style of exercise you prefer should ideally address these physiological demands.

Here are my general exercise recommendations for ski/boardng preparation.

1. Choose exercises that require some degree of balance training. For example, perform squats and lunges instead of the leg press machine, and pushups instead of the chest press machine. For aerobic exercise, try rollerblading instead of the elliptical machine, and SAQ training instead of treadmill running.

2. When weightlifting, perform higher repetitions (15-25) instead of lower reps (5-8) with heavier weights. This is to help achieve muscular endurance for the long runs down the slopes. Also, keep the rest time in between sets fairly short (under a minute) to improve anaerobic endurance.

3. Choose mostly anaerobic training over long, slow aerobic exercise. Ski/boardng is primarily an anaerobic sport; therefore training like a marathon runner will not help prepare you as well as interval training. Here's a suggested anaerobic workout: warm up rollerblading for 10 minutes at an easy pace then skate very quickly for 2 minutes. Then cruise at an easy pace for 2 minutes. Repeat 4 times.

Sample Intermediate Resistance Training Workout

Warm up

1. Easy pace treadmill run 5 minutes
2. Jump rope 30 seconds, rest 30 seconds, repeat
3. 4-6 lb medicine ball chops, throws, and swings 3-5 minutes

Workout

1st circuit

1. Lunge walk, 20 steps
2. Bodyweight squats x20 in under 20 seconds
3. Rotational pushups x16
4. Bent over rows x15

2nd circuit

1. Jump Lunges, in place, x20 total
2. Skiers sideways jumping Squats for 30 seconds
3. Pushups with shins, feet, or toes off a Swiss ball, x15
4. Bent over rows, x12 (heavier weight than 1st circuit)

3rd circuit

1. Hamstring exercise (RDL, supine Swiss ball leg curl, or leg curl machine)
2. Hip Abduction exercise- (sideways walking with ankle tubing, ankle cuff abduction off cable column)
3. One legged alternating shoulder presses x15
4. One legged bicep curls, x15

Cool down

1. Supine Swiss ball bridging x20, legs straight
2. Swiss ball crunches, x 20
3. Birdog, no particular number of reps, just perfect form
4. Prone plank, work up to 1 minute

Stretching

Demonstrating the in place lunge exercise



This is only a suggested workout plan. Prequalification is necessary for certain exercises such as the bent over row, and exercises that may not be appropriate for everyone such as crunches and shoulder presses. It is always best to consult with a medical/fitness professional when designing an exercise program.

www.nscalift.org offers an excellent trainer locator.

Phillip Bazzini, CSCS is an Englewood Cliffs based strength coach.

His newly designed web site is www.BalanceTraining.com.