



## **Fitness Training 2016 Phase Two – Sport Specific Routines**

The next three months is the very important specific preparation phase for the ski season. It is important to train to increase strength, speed and agility so that you can train and race to your potential. It is also very important in injury prevention. Skiing, training long hours in the cold and often under harsh conditions, puts a lot of strain on the body. You cannot ski yourself into shape, and you cannot make up for lost time. Don't start the season behind – start training now.

The following routines are comprehensive – they target the key areas of fitness you need for ski racing.

If you miss a day or part of daily routine – pick it up the next day. It is important that you follow the routines as they take you through all the elements each week.

If there is any part to the program you do not understand, you should be able to go to Google and YouTube and find lots of detailed explanations and illustrations of the exercises contained in the different routines.

If you have any questions or would like some help with your training please contact me and we can make arrangements to get your program going.

Cheers,

Ken Ellis, Head Coach  
CSCF/NCCP Level IV

## Mansfield Racing 2017

### Phase Two – Sport Specific Dryland Routines

Day	AM	Afternoon	PM
Monday		Warm Up – 12 min (Stationary Bike, Treadmill) Upper Body Strength - 3 X max sets Core Strength Stretch Full Body – Big Muscle Groups	
Tuesday		Warm Up - Active Stretch Plyometrics #1 Intervals (J-R-W) Stretch Full Body – Big Muscle Groups	
Wednesday		Warm Up Active Stretch Wind Sprints LSD (12 min)	Core Strength
Thursday		Cardio (30+ min) Stretch Full Body – Big Muscle Groups	
Friday		Warm Up 12 min (Stationary Bike, Treadmill) Lower Body Strength (3 X max sets) Core Strength Stretch Full Body – Big Muscle Groups	
Saturday		Mixed Sports – active play Stretch Full Body – Big Muscle Groups	
Sunday		Rest	

## **Active Stretching**

The following is a full set of stretches which require you to use an "active" range of motion as you stretch. Motion is the key to this form of stretching.

Toe Raises	10-15 @ foot
Foot Rolls	10-15 @ foot
Toe Drags	5 @ foot - hold for 2 seconds
Calf Raises	10-15 both feet
Heel to Toe Walk	All of the following are done for 10 meters X 2
Ankle Skips	
Knee High Walk	
Butt Kicks	
Backward Reach Walk	
Backward Reach Run	
Backward Skip	
Big Leg Circles – knees above waist	
Cross Over Skip	
Lateral High Knees	

## **Core Strength**

Core Strength and flexibility training is the most important aspect of training at this time of year. The core, which consists of our lower and upper abdominals, obliques, hips, and lower back areas of our musculature have to generate and absorb tremendous load (pressure) and twisting forces during each ski team. We must have a strong core in order to manage this forces. You can do core exercises every other day.

Torso twists – left and right

Back extensions – seated upright to parallel to the ground

Crunchers – upper and lower – do them separately – do not crunch through the full range

Planks – double and single leg

V Sits – hands and arms forward

Ab Wheel

Dead Lifts

### **Upper Body Workout:**

Do the following exercises in this order to max effort...do as many reps as you can...push yourself!  
If using free weights or machines do 60-70% of your max weight

Chin Ups or Bicept Curls  
Tricept Dips  
Push Ups or Chest Press  
Flys

### **Plyometrics #1**

Plyometrics are explosive jumps ...they require speed and strength.  
You should rest between each exercise for 1 min before going on to the next.  
You should rest for 3 min before repeating the full set of exercises.  
You should repeat this set of exercises at least twice during your workout.  
You must follow the routine by a cleansing run of no less than 12 min...4 slow laps

- (1) Forward Jumps - double leg (5 - 8)
- (2) Forward jumps - single leg (5 - 8)(L & R)
- (3) Lateral Jumps - single leg (5 -8)(L & R)
- (4) Step - Step - Vertical Jump - double leg (8 - 12)
- (5) Step - Step - Vertical Jump - single leg (8 - 12) (L & R)
- (6) Jump - Jump - Jump - Sprint 10 Meters (4-6)
- (7) Tuck Jumps - fast & high (10-12)
- (8) Continuous Vertical Jumps - double leg (20- 30 sec)

### **Intervals Workout: (J-R-W X 6 )**

The point of this simple workout is to change your heart rate so that you experience working at different levels of intensity.

J-R-W stands for Jog-Run-Walk....You must do this workout in this order...If you feel that the workout is not strenuous enough then run and/or jog at a faster pace or take the workout to uneven terrain....cros country trails or mountain bike trails are ideal.

You are to go through the following sequence 6 times...total workout time is 30 min.

**Jog** for 120 seconds (2 min)  
**Run** for 60 seconds (1 min)  
**Walk** for 120 seconds (2 mi)

### **Wind Sprints Workout: 2 Sets**

For each set do 3 sprints of each distance before moving on to the next distance.  
Be sure to rest, as directed, between each sprint and between each set.

3 X 30 Meter Sprints

Rest 20 seconds between each sprint

3 X 50 Meter Sprints

Rest 40 seconds between each sprint

3 X 100 Meter Sprints

Rest 120 seconds (2 min) between each sprint

1 X 200 meter Sprint

Rest 180 seconds (3 min)

After completing your second set immediately begin your LSD run of 12 min.

### **Cardio Workout: (30+ Min)**

The point of this workout is to focus the effort on the heart and lungs...your energy system.  
This is a maintenance workout.

Your effort must be continuous and at about 70% of your max heart rate...this is not overly strenuous work but long steady work. You should be able to talk as you do this workout.

You may do a variety of different activities...the most important element for this workout is time of effort...it must be a minimum of 30 min non stop effort.

You can Run

You can Bike

You can Swim

You can Run, Bike, Swim

You can Run, Bike, Run

You can Bike, Run, Bike

When on the bike avoid resting on the bike...and if you have to then you should extend the time of your workout to ensure that you get the minimum time of effort in.

### **Lower Body Strength Workout:**

You will need an exercise gym or weight room to do this workout in.

Most schools and YM/WCA's do have such a facility.

You should complete all three sets of each exercise before going on to the next exercise. Rest between each set of each exercise.

Do the following exercises using 65-70% of your max lift capacity:

Do each exercise 12-15 times per set.

Only gradually increase the amount of weight you use...5-10% per week.

- (1) Squats
- (2) Leg Press
- (3) Seated Quad Extension
- (4) Seated Hamstring Flex
- (5) Calf Extensions
- (6) Tibialis Flex

## Upper Body Flexibility Exercises

### Stretch #1 Shoulder & Chest

This can be performed kneeling or standing. Clasp hands behind back and straighten arms. Raise hands as high as possible and bend forward from the waist and hold.



### Stretch #2 Arm Across Chest

Place one arm straight across chest. Place hand on elbow and pull arm towards chest and hold. Repeat with other arm.



### Stretch #3 Triceps Stretch

Place one hand behind back with elbow in air. Place other hand on elbow and gently pull towards head. Hold and repeat with other arm.



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## Lower Body Flexibility Exercises

### Stretch #4 Glute Stretch

Sitting on floor with right leg bent, place right foot over left leg. Place left arm over right leg so elbow can be used to push right knee. Hold and repeat for other side.



### Stretch #5 Adductor Stretch

Stand with feet as wide apart as is comfortable. Shift weight to one side as knee bends. Reach towards extended foot and hold. Repeat for other side.



### Stretch #6 Single Leg Hamstring

Place leg out straight and bend the other so your foot is flat into your thigh. Bend forward from the waist keeping your back flat. Hold and repeat with the other leg.



### Stretch #7 Standing Quadriceps

Standing on one leg grab the bottom of one leg (just above ankle). Pull heel into buttocks and push the hips out. Your thigh should be perpendicular to the ground. Hold and repeat with the other leg.



### Stretch #8 Standing Calf

Place feet in front of each other about 18 inches apart. Keep back leg straight and heel on the floor. Push against a wall to increase the stretch. Hold and repeat with other leg.



## Arm Swings

1. Stand tall and hold arms out to your side.
2. Slowly swing your arms back and forth across the front of your body.
3. Repeat this continuous motion for 30 seconds.

## Side Bends

1. Stand with a shoulder width stance. Place a toning bar on your shoulders (optional).
2. Lean to one side keeping your torso straight. Do not bend forward or backwards.
3. Hold for a count of 2 and then repeat to the other side.
4. Complete 10 stretches each side.



## Trunk Rotations

1. Stand with a shoulder width stance. Place hands on hips.
2. With knees slightly bent, turn from side to side keeping feet firmly on the floor.
3. Complete a total of 15-20 full swings.

## Full Back Stretch

1. Lie on your back and bring both your knees to your chest with hands clasped under back of knees.
2. Roll forwards until your feet touch the floor and then immediately roll back until just before your head touches the floor.
3. Continue until you complete 10-15 full rolls.





## Abdominal Stretch

1. Start by lying on your back on the stability ball holding a toning bar at your chest (the toning bar is optional).
2. Push back with your feet and simultaneously push the bar over and behind your head.
3. Your legs should be straight and your arms outstretched.
4. Return to the starting position and repeat for 10-15 reps.



## Hamstring Stretch

1. Lie on your back and place a piece of exercise tubing (or rolled up towel) around the bottom of one of your feet.
2. Pull the tubing and raise your leg at the same time until a comfortable stretch is felt. Return to the starting position and repeat for 10-15 repetitions.
3. Repeat with other leg.



## Groin Stretch

1. Start by placing your right knee on top of a stability ball and maintain your balance.
2. Slowly spread your leg out to the side until you feel a stretch on the inside of your thigh.
3. Return to the start and repeat for 10-12 repetitions before changing to the other leg.



## Alternate Toe Touches

1. Start by standing with your feet spread as far apart as comfortably possible.
2. Lean forward toward one leg and try to reach your foot or until a comfortable stretch is felt in your low back and hamstrings.
3. Now try to touch the other foot with the opposite arm. This motion should be continuous alternately touching each foot (as close as possible) with the opposite hand.



**Important: skip this stretch you are prone to low back pain or if it causes you any discomfort.**

## Leg Swings

1. Start by standing with your feet shoulder width apart.
2. Keeping your upper body perpendicular to the ground swing one leg forward and backward.
3. Do not swing your leg so hard that you cannot keep your upper body from moving.
4. Repeat for 10 full swings and repeat on other leg. 5. You can also swing your leg across your body stretching the abductors and adductors.

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Use these dynamic stretches as part of your warm up. Start with 10-15 minutes of light aerobic exercise to make sure the body is thoroughly warm. While they are not as effective as static stretching for increasing flexibility they can help to prevent injury and do not negatively effect strength and power immediately afterwards. Static stretches can be performed after training or competition to increase flexibility.