

Summer Training Program

Warm up: This should take 10 minutes. Run/jog or bike for 5 minutes to warm-up muscles. Followed by 2-3 minutes of active stretching, doing some combination of the following (you will not have time to do all of these).

High Knee F/B, Butt Kicks F/B, C's with a skip, Grab ankle behind bend over touch your toes, Grab shin in front and rock up onto toes, Grab ankle in front rock up onto toes, Toy Soldiers, Sumo squat to stand 3 times, Karaoke, Karaoke with high step over, Lateral Shuffle, Short lateral shuffle, Power Skip, Backwards hip stretch, Can openers R/L, Can Closers R/L, Spiderman, Inch worms.

Mobility warm ups:

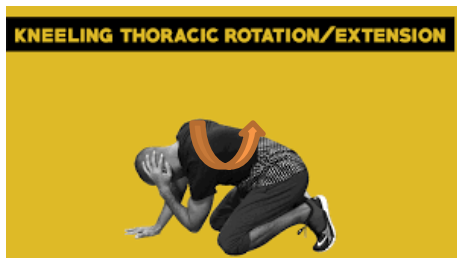
Ankle mobility: <https://www.youtube.com/watch?v=eGjJkurZIGw>

Hip/spine mobility:

Triangle pose (once you get into the pose hold 5 seconds, rotate down to bring top hand to meet bottom, rotate back up x5 each side)



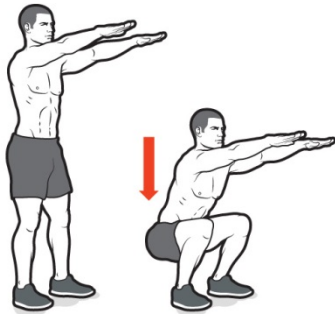
Unilateral extension w/ rotation – hold upward rotation 5 seconds, perform x10 each side



Lateral lunge x10 each direction



Deep Squat x10



Inch worm x5



Agility: Agilities can be incorporated with any exercise day. It should be used as part of your warm up, following your dynamic stretches and mobility warmups. Agility work is good for working on coordination of limbs and fast feet. Make sure when doing any sort of agility work your focus is on keeping core tight, upper body center and stable while your feet are moving quickly just like skiing!

Agility ladder – video of 15 different patterns <https://www.youtube.com/watch?v=oxjC-0yuSHM>

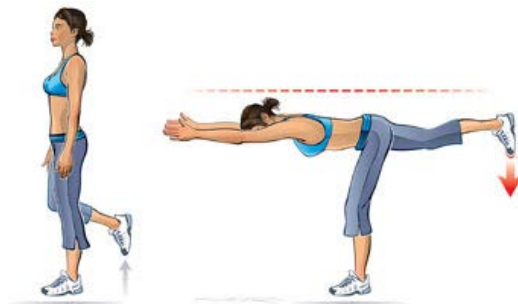
Agility hurdles – video of multiple patterns for hurdles <https://www.youtube.com/watch?v=bLjCgcdVKgw>

Cardio : Fertlick run x2/week & 1 slow recovery run per week

- ❖ If athletes are playing summer sport involving running/conditioning (soccer, lacrosse, football, etc) 1 slow recovery run is plenty (they are most likely getting enough speed/anaerobic exercise during practice and games)
- ❖ If not doing sports during summer months or if playing sports that don't involve large cardiovascular component (baseball, sailing, etc) can implement 2 Fertlick's and 1 recovery per week. (general guideline is at least 3 conditioning days per week)
- ❖ **Fertlick run**
 - After warming up, run a 2:30 pick-up beginning with the first 30 seconds only 5 to 10 seconds faster than your normal training pace. Each subsequent 30-second block should be a touch quicker than the previous with the final 30 seconds (from 2:00 to 2:30) being a fast run but not a sprint
 - Recover with 90 seconds jogging easily
 - Run another 2:30 pick-up the same way
 - Alternating with 3-4 pick ups
- ❖ Recovery run should be between 2-4 miles (14 & under) 3-6 (15 & older) at very slow pace with long session of stretching to follow

Balance: Balance is a huge component of skiing and incorporating balance to all workouts is important. Understanding your body and having balance throughout movements and ROM is key when beginning strengthening, especially as you begin to add weights. **Do not skip balance and flexibility during workouts as your strengthening and athletic performance will suffer as a result.** The possibilities for balance are endless, so do not feel stuck with the following examples. Be creative and have fun with different balance activities.

- Stand on one foot with eyes closed
- Standing on the balance disk or uneven surface
- Standing on one foot tossing/catching ball on the wall or with a friend
- Standing on Vew-do Board/flat side of bosu ball (perform squats while on equipment, throw ball, anything that challenges you to maintain balance standing or balance in squat position)
- Single leg dead lift** - perform exercise slowly with control and good form will challenge balance as well as increase flexibility of hamstrings (also good for core stability)



-Physio ball training – practice kneeling on ball, progress to standing. Once able to balance on ball in either position incorporate challenge with ball tossing, or arm strengthening (over head press, lateral raises, bicep curls, overhead tricep extensions, high row. etc)



-Standing/walking on slack line
-Riding a unicycle

Strength Workouts- Perform 2 days of strength training (14 & under) 3 days of strength training (15 & older)

The workouts below are meant to be used one workout per day and cycle through them on your “strength” days. Remember to do each exercise for 30 seconds being sure to put in a full effort for the 30 seconds, and use proper form and technique. **FORM AND TECHNIQUE ARE MORE IMPORTANT THAN SPEED AND WEIGHT!!!!!!** For younger athletes and/or those who are new to strength training, remember to master the correct form before you begin to add weights. The number before each exercise corresponds with the Strength Training Movement Index. Please reference each exercise there before attempting.

Strength 1 (30 seconds on, 30 off) 3 sets

Squat <https://www.youtube.com/watch?v=FAu6b-KcK0U>

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

Single Leg Bridge- Left Leg <https://www.youtube.com/watch?v=3NXv0Nany-Q>

Single Leg Bridge- Right Leg

Reverse Wood Chopper’s- Left Side <https://www.youtube.com/watch?v=9YkCZXv7upU>

Reverse Wood Chopper’s- Right Side

Crossover Step Up- Left Leg https://www.youtube.com/watch?v=mdFoQf_KM7A

Side Plank- Left Side <https://www.youtube.com/watch?v=6cRAFji80CQ>

Side Plank- Right Side

3 balance exercises of your choosing

Strength 2(30 seconds on 30 off) 3 sets

Single-Leg Squat-Left Leg https://www.youtube.com/watch?v=DuE_ScvXwtg

Single-Leg Squat-Right Leg

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

Lateral band walk <https://www.youtube.com/watch?v=5wUk8wQNUT8>

Wood Chopper's-Left Side (can be performed with a resistance band as well)

<https://www.youtube.com/watch?v=UYQgPDM9sMg>

Wood Chopper's-Right Side

Push Ups https://www.youtube.com/watch?v=Eh00_rniF8E

Bicycle <https://www.youtube.com/watch?v=9FGilxCbdz8>

Bridge on elevated surface – Can be a box, physio ball, bosu ball, etc

<https://www.youtube.com/watch?v=CbBFWE4u93w>

Squat jumps <https://www.youtube.com/watch?v=R0huNZTTfjw>

Walking Lunges <https://www.youtube.com/watch?v=D7KaRcUTQeE>

3 balance exercises of your choosing

Strength 3(30 seconds on 30 off) 3 sets

Bulgarian Squat (Elevated Split Squat) – Left Leg <https://www.youtube.com/watch?v=2C-uNgKwPLE>

Bulgarian Squat (Elevated Split Squat) – Right Leg

Band Punches- 15 reps on each leg- Left Arm

<https://www.youtube.com/watch?v=2A2LbzeXQOY>

Band Punches- 15 reps on each leg- Right Arm

Box Jumps <https://www.youtube.com/watch?v=yb0osnxN9NY>

Side Plank with Abduction- Left side (do not perform abduction leg lift until you can hold a side plank 30seconds without losing form) <https://www.youtube.com/watch?v=J2MhwYk2wyI>

Side Plank with Abduction- Right side

Dips <https://www.youtube.com/watch?v=jox1rb5krQI>

Lateral glider – left leg <https://www.youtube.com/watch?v=bo3PuVlzaKc>

Lateral glider – right leg

3 balance exercises of your choosing

*****IF YOU DO NOT HAVE THE EQUIPMENT AVAILABLE THAT IS SHOWN IN THE VIDEOS YOU CAN USE FURNITURE AT HOME OR OTHER ITEMS THAT WILL ALLOW YOU TO COMPLETE THE EXERCISES SUCCESSFULLY (BE CREATIVE)**

******IF YOU DO NOT HAVE WEIGHTS AT HOME – YOU WILL STILL BENEFIT FROM PERFORMING THE EXERCISES AGAINST YOUR BODY WEIGHT – YOU WILL STILL GET STRONGER!!!!***

******REMEMBER PROPER FORM AND TECHNIQUE IS ALWAYS MOST IMPORTANT!!!!***

*****COOL DOWN AFTER ALL EXERCISE WITH 5-10 MINUTES OF STATIC STRETCHING TO ALL MUSCLES GROUPS**

******HAVE FUN WITH THIS, FIND A WORK OUT BUDDY!!***