

# **A PHYSICAL TRAINING ROUTINE FOR PERFORMANCE SKIING**



---

## Periodisation Detail

### Stability & Strength Endurance

**E1** = 2/3 SETS 15 – 20 REPS (2 WEEKS)

**E2** = 3/4 SETS 12 – 15 REPS (3 WEEKS)

---

### Hypertrophy

**H1** = 4/6 SETS 8 – 12 REPS (3 WEEKS)

**H2** = 6/8 SETS 6 – 8 REPS (3 WEEKS)

---

### Strength

**S1** = Big Lifts (4-8 sets 4-6 reps) / Assistance Day (4-6 sets 6-10 reps) (2 WEEKS)

**S2** = Big Lifts (4-8 sets 1-4 reps) / Assistance Day (4-6 sets 4-8 reps) (2 WEEKS)

---

### Power

**P1** (2WEEKS) – THEN 1 WHOLE WEEK OF REST, FOLLOWED BY.....

---

### Maintenance

**M1** = 3wks of H1 3wks of S1

---

### Development

**D1** = 3wks of S2 3wks of P1

---



---

## Routines

*\*3 routines per week except during S2 period*

*\*Adjust weight to work to min/max reps in each period*

### E1 & E2

**‘Stabilisation & Strength Endurance’**

#### Workout #1

1. Bulgarian Split Squat
2. Single Legged Deadlift
3. Barbell Lunges
4. Lying Bridge

**(Perform exercises 5-10 as a circuit x3)**

5. Plank (start on 20secs perfect form)
6. Side Plank (with elevated leg option start on 10secs perfect form)
7. Push up's (1<sup>st</sup> & 2<sup>nd</sup> wk 3x20 3<sup>rd</sup> 4x25 4<sup>th</sup> & 5<sup>th</sup> 4x30)
8. Chin up's (1<sup>st</sup> & 2<sup>nd</sup> wk 3x8 3<sup>rd</sup> 4x10 4<sup>th</sup> & 5<sup>th</sup> 4x10 -12)
9. JM press
10. Inverted Rows (1<sup>st</sup> & 2<sup>nd</sup> wk 3x8 3<sup>rd</sup> 4x10 4<sup>th</sup> & 5<sup>th</sup> 4x10 -12)



# E1 & E2

## 'Stabilisation & Strength Endurance'

### Workout #2

#### 1. Barbell Complex 6x6 (3 Rounds)

- a. Hanging Clean & Press
- b. Overhead Squat
- c. Lunge
- d. Good Morning
- e. Push Press
- f. Romanian Deadlift

Perform 6 reps of each exercise moving seamlessly onto the next exercise. 2 minutes rest, once all 36 reps are performed.

With the Lunge; step backwards and lunge for 3 reps then step back to centre and place the other leg behind and perform the next 3 reps.

Start with a light weight, I suggest 40-45 kg to start with (remember there are 36 reps in each round). This complex should leave you breathless by the time you put the bar down!

#### 2. Single Leg Stabilisation Matrix

- a. Single leg squat
- b. Single stiff leg deadlift (still balancing on the same leg)
- c. Alternate single lunge (the leg that has remained off the ground during the last two movements, now steps through and performs 1 lunge. Push off from that front leg and without letting it touch the ground, sink into the next single leg squat.

1 rep = all 3 movements with no touch down at the end perform 10-12 reps for each leg (2-3 sets)

A real killer trains the endurance of all the tiny stabilisation muscles of the lower leg and in the hip and glute complex.



## E1 & E2

### 'Stabilisation & Strength Endurance'

#### Workout #3

1. Staggered stance Squat (with calf raise)
2. Step up's
3. Hyperextensions
4. Skiers (Wall) Squat

**(Perform exercises 5-10 as a circuit x3)**

5. Plank (start on 20secs perfect form)
6. Side Plank (with elevated leg option start on 10secs perfect form)
7. Push up's (1<sup>st</sup> & 2<sup>nd</sup> wk 3x20 3<sup>rd</sup> 4x25 4<sup>th</sup> & 5<sup>th</sup> 4x30)
8. Chin up's (1<sup>st</sup> & 2<sup>nd</sup> wk 3x8 3<sup>rd</sup> 4x10 4<sup>th</sup> & 5<sup>th</sup> 4x10 -12)
9. JM press
10. Inverted Rows (1<sup>st</sup> & 2<sup>nd</sup> wk 3x8 3<sup>rd</sup> 4x10 4<sup>th</sup> & 5<sup>th</sup> 4x10 -12)



---

# H1 & H2

## 'Hypertrophy'

### **Workout #1 - Thighs, Calves, Lower Back**

1. Squats
2. Leg Press
3. Lunges
4. Stiff-Legged Deadlift
5. Weighted Hyperextensions
6. Standing Calf Raises 5 x 15reps
7. Crunches 5 x 25 (once you can do all sets with relative ease add some weight)

### **Workout #2      Chest / Back & Shoulders**

1. Push Press
2. Pull Up's (with variations)
3. Dips
4. Push Up's (with variations, think core so use Swiss balls, medicine balls etc.)
5. Crunches 5 x 25 (once you can do all sets with relative ease add some weight)

### **Workout #3      Thighs, Lower Back**

1. Front Squats
2. Deadlift
3. Good Mornings
4. Alternate Barbell Lunges with rotation
5. Bent Over Twists (with broom stick) 5 x 25



# S1

## ‘Strength’

### **Workout #1 – Big Lifts (4-8 sets 4-6 reps)**

1. Clean & Press
2. Snatch

### **Workout #2 – Assistance Day (4-6 sets 6-10 reps)**

1. Hanging Power Clean
2. Push Press
3. Overhead Squat

### **Workout #3 – Speed work endurance (Kettle Bell)**

#### **(3x10 rep supersets)**

1. Single arm snatch (5 each arm)
  2. Two handed KB swing 10 reps
- 
1. 3-3-4 Squat 10 reps in total
  2. High Pull (5 each arm)

The 3-3-4 Squat; hold the KB close to the sternum with both hands. Perform the first 3 squats with an even tempo 2-0-2-0. Perform the next 3 reps as fast as you can, try not to bounce. Then the last 4 reps you perform a squat jump – fast and explosive!!



---

## S2

### 'Strength'

#### **Workout #1 – Big Lifts (4-8 sets 1-4 reps)**

1. Clean & Press
2. Snatch

#### **Workout #2 – Assistance Day (4-6 sets 4-8 reps)**

1. Hanging Power Clean
2. Push Press
3. Overhead Squat

There is no Workout 3 in S2 - REST YOUNG JEDI!!





# P1

## 'Power'

### Workout #1 – Plyometrics

1. Stadium Hops
2. Plyometric Push Up
3. 60 sec Box Drill
4. Plyometric Tricep Dip

### Workout #2 – Plyometrics

1. Zig Zag Drill
2. Chest Pass (medicine ball)
3. Diagonal Cone Hops
4. Falling Push Up

### Workout #3 – Plyometrics

1. Jump Rope (Use one leg combinations and plenty of double unders)
2. 5-5-5 Squat
3. Lateral Step Blasters

