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** (2 WEEKS) – 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 (1st & 2nd wk 3x20  3rd 4x25  4th & 5th 4x30)
8. Chin up’s (1st & 2nd wk 3x8  3rd 4x10  4th & 5th 4x10 -12)
9. JM press
10. Inverted Rows (1st & 2nd wk 3x8  3rd 4x10  4th & 5th 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 (1st & 2nd wk 3x20  3rd 4x25  4th & 5th 4x30)
8. Chin up’s (1st & 2nd wk 3x8  3rd 4x10  4th & 5th 4x10 -12)
9. JM press
10. Inverted Rows (1st & 2nd wk 3x8  3rd 4x10  4th & 5th 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!!
‘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