

Weekly Ski Team Workout Schedule

	Warmup	Workout	Cool down
Monday	<ul style="list-style-type: none"> • 10-15 minutes (break a sweat) • 10 minutes stretching 	<ul style="list-style-type: none"> • Squats - 4x 6-8 reps ; Hamstring Curls (one leg) 3x 10-12 reps. • Power Endurance Workout (<i>find a soft surface, use body weight only</i>) • 20 Squat Jumps - 45 second rest; 20 Lunges (alternating legs) - 45 second rest; • 20 Step-up Jumps (on a knee high bench or box) - 45 second rest; 10 Squat Jumps. Rest 3-4 minutes and repeat exercises for a total of 3 sets. • Core/Balance - 2 Front, 2 Side, 2 back excersises (see attached for examples) 	<ul style="list-style-type: none"> • Spin out on bike for about 20 minutes to flush lactate out. Drink a sports drink and eat some protein and carbs to replenish your body
Tuesday	<ul style="list-style-type: none"> • 10-15 minutes (break a sweat) • 10 minutes stretching 	<ul style="list-style-type: none"> • Recovery Day - Bike / Swim / Run • 30 minutes total • 50 crunches; 25 pushups; 1 min. of forearm body hold; 25 pushups 	<ul style="list-style-type: none"> • 5-10 minutes of stretching
Wednesday	<ul style="list-style-type: none"> • 10-15 minutes (break a sweat) • 10 minutes stretching 	<ul style="list-style-type: none"> • Squats - 4x 6-8 reps ; Hamstring Curls (one leg) 3x 10-12 reps. • Power Endurance Workout (<i>find a soft surface, use body weight only</i>) • 20 Squat Jumps - 45 second rest; 20 Lunges (alternating legs) - 45 second rest; • 20 Step-up Jumps (on a knee high bench or box) - 45 second rest; 10 Squat Jumps. Rest 3-4 minutes and repeat exercises for a total of 3 sets. • Core/Balance - 2 Front, 2 Side, 2 back excersises (see attached for examples) 	<ul style="list-style-type: none"> • Spin out on bike for about 20 minutes to flush lactate out. Drink a sports drink and eat some protein and carbs to replenish your body
Thursday	<ul style="list-style-type: none"> • 10-15 minutes (break a sweat) • 10 minutes stretching 	<ul style="list-style-type: none"> • Recovery Day - Bike / Swim / Run • 30 minutes total • 50 crunches; 25 pushups; 1 min. of forearm body hold; 25 pushups 	<ul style="list-style-type: none"> • 5-10 minutes of stretching
Friday	<ul style="list-style-type: none"> • 10-15 minutes (break a sweat) • 10 minutes stretching 	<ul style="list-style-type: none"> • ALTERNATE: Hill Run / Interval Run • HILL RUN (<i>find a good hill, 200 meters long min.</i>) • 1 - Easy (70%), jog down; 1 - Med. (85%), jog down; 1 - Hard (100%) jog down; Repeat E, M, H for a total of 3 sets. • ----- • INTERVAL RUN • alternate - 2 minutes at (65%) followed by 2 minutes at (90%) for a total of 20 minutes or 5 cycles. (the length can be longer if you are feeling good) 	<ul style="list-style-type: none"> • 10-20 minute jog to cool down, followed by some lite stretching.