



Ski touring is a sport for everyone – big, small, young and old! – it involves going uphill for several hours a day which takes an enormous amount of strength and endurance

Whether you've spent the summer hiking miles, running the tracks or cycling up a hill when you begin thinking about the ski season the first thing to consider is how *specifically* your body has been moving relating to skiing or skinning or splitboarding. running and hiking, being foot-borne, more closely mimic the demands of skinning uphill rather than biking which is non-weight-bearing and seated. . No dryland training will perfectly prepare you for skiing.

This year touring is more popular than ever due to the impact of the pandemic and delay to lift openings. Ideally training for touring should start in September time a good 3 months to get some good prep and strength work in, however in September who knew that we'd be here now.

It isn't too late though to get some prep in while touring.

Strength Training

To get your legs in shape for touring, focus on eccentric movement rather than explosive power—this is what builds skiing stamina.

Assuming you have a good base level of cardiovascular fitness, then the best way of preparing for the season, to improve your performance and reduce the risk of injury is to adopt a program of ski specific strength, power and flexibility training (however, you must do the right kind of exercises – **eg research has shown that standard leg presses on a gym machine don't help much at all for instance, as you need to be training for strength as your muscles lengthen, not contract – which is totally the opposite of how most gym machines work!**)

Cardiovascular

As you are training for an endurance sport, at least one of your cardio sessions each week should be long – ie working hard for 2hrs duration or more – in order to build up the stamina that you will need.

Below is a basic strength program focussing on eccentric lower body strength work and also a core workout and HIIT

Try getting the strength workout in a couple of times a week, aim for 3 HITT sessions and 1-2 core sessions per week.

Strength Workout Lower	Exercise	Sets	Reps	Rest	
1a	Squat - This can be body weight, dumbell or bar	4	10-15	60-90 s	Focus on the eccentric part of the squat . An eccentric motion is one in which a muscle is lengthened during contraction. In terms of a squat, the eccentric movement occurs in the downward phase of the squat motion as you control the movement. Tempo 3-5 seconds when lowering
2a	DeadLift This can be body weight, dumbell or bar	4	10-15	30s-90s	When performing a deadlift, set up in a position that will eccentrically load the gluteus maximus, & hamstrings. Eccentric action happens when you lower, tempo 3-5s when lowering
3a	Glute Bridge / Hip Thrust	4	10-15	30s-90s	Although the movement is performed in a controlled fashion there is no intentional slowing-down or isolation of any phase of the rep, with the exception of the top contracted position. This is where they'll squeeze their glutes and hold for roughly 2 seconds each rep.
4a	Calf Raises This can be body weight, dumbell or bar (You will need a block or plates to raise your heels, stand on toes on plates with heels free)	4	10-15	30s-90s	The calves are not the largest lower-body muscles, but they're among the most important. During a calf raise exercise, your heels drop down and your muscle lengthens into an eccentric contraction.
5a	Bulgarian Spit Squats This can be body weight, dumbell or bar	4	10-15 each leg	30s-90s	Stand in front of a low bench or step with both feet underneath your body. Place your left toes on the bench so your foot is elevated two to four inches off the ground. Now lower to the tempo of 3-5s and rise. Perform 10-15 on right and left leg before rest

Core	Body weight abs	Sets	Reps	Rest	
1	<u>SIT UPS</u>	5	15	30s between sets	
2	<u>R TWIST</u>	5	15	30s between sets	
3	<u>V SITS</u>	5	10	30s between sets	
4	<u>FLUTTERS</u>	5	30	30s between sets	
5	<u>HEEL TAPS</u>	5	15	30s between sets	
6	<u>PLANK TAPS</u>	5	15	30s between sets	
5 SETS OF EACH EXERCISE , EXERCISE BY EXERCISE					
HIIT	Cardio Training	Sets	Reps	Rest	
1	<u>BURPEE</u>	AMRAP	5	as long as needed	
2	<u>SQUATS</u>	AMRAP	10	as long as needed	
3	<u>BURPEES</u>	AMRAP	4	as long as needed	
4	<u>SIT UPS</u>	AMRAP	15	as long as needed	
5	<u>BURPEES</u>	AMRAP	3	as long as needed	
6	<u>PRESS UPS</u>	AMRAP	10	as long as needed	
7	<u>BURPEES</u>	AMRAP	2	as long as needed	
8	<u>PLANK</u>	AMRAP	60S	as long as needed	
9	<u>BURPEE</u>	AMRAP	1	as long as needed	
AS MANY ROUNDS IN 30 MINS					

Looking for something more personalised to your goals ?
 Drop me an email info@corpsfitnessmassage.co.uk

Enjoy Cx

