

Period 1: General Conditioning

(Sept. 27th – Oct. 24th)

The goal of this period is to begin a systematic method of training which will ease us gradually into our regular training program for the season. This period serves to form a base from which the rest of the ski season will develop. A popular misconception is that you can't train for skiing if there is no snow. Not true. In fact, some of the most important training for the ski season begins before snow even hits the ground. With 20 weeks to go until the CSM we have plenty of time to prepare but it's important to start as soon as possible.

Easy Workout: This is an important training component for developing an aerobic endurance base. It is typically 20-40 minutes (but will increase as we get closer to the CSM) workout at 65-75% intensity. It can be a mixture of running, rowing, biking, cross trainer/elliptical trainer, swimming or even walking to work. Although this may not seem like much now, the cumulative effect of several of these workouts by the time the CSM arrives must not be underestimated.

General Strength Training: Before the ski season it's important to strengthen the muscles and tendons that we will be using. Proper strength training will help prevent injuries such as tendonitis and strained muscles. At this time of year I head to the gym and get myself on a general strength program. My suggestion would be to have a qualified trainer at your local gym help you out with a program. Some things to consider:

- general strength should last 6 – 8 weeks in length;
- workouts should be 2 -3 times a week;
- in addition to major body groups, focus also on ski specific muscles such as: abs, lower back, shoulders and triceps;
- if you have specific weaknesses (i.e. knees, back, shoulders) now is a good time to strengthen them;
- variety is good . . . mix up your exercises so you don't get bored.

Long Distance Workout: Once a week it is important to incorporate one long distance workout. This workout will be your longest workout of the week. The reason behind this being that we need to training our muscles for the continued long effort of skiing two days back to back during the CSM. With the autumn leaves in full bloom this is my favorite time of year to road bike, mountain bike, run (trails and road) and hike. These workouts can be anywhere from 1hr to 3hrs in length but remember that we want to progress (go longer) from week to week (i.e. your longest workout should be in week 4) Some other tips:

- Keep it slow when going long. A good indicator that your pace is right is if you can carry on a conversation. If you can't talk . . . slow down!
- Keep your heart rate at or below 65% of your maximum heart rate;
- Carry plenty of food and water if you're going for a long time;



Intensity: We'll focus on this more in future periods, however, for now it is good to push the body at a higher intensity once every couple of weeks. The easiest way to do this would be to enter a competition of sorts (i.e. a cross country running race). Other options include group runs with planned intensity or running or biking hills. Most importantly, remember to recover after intensity workouts.

Sample week:

Monday:	Rest
Tuesday:	Strength
Wednesday:	Easy workout
Thursday:	Strength
Friday:	Rest
Saturday:	Easy workout or Intensity (Intensity only once every 2 weeks)
Sunday:	Long distance workout

