



Pre-Season Training for Skiing

Well, we have the first official snow fall behind us, which is somewhat depressing, but we can take solace in the fact that we are one step closer to another ski season. Time to take the skis in for a tune up, replace any old gear, and if you haven't already, purchase your lift pass for the season. For most of us this is where the preparation will end. There is however, much more that we can be doing. Physical preparation should become a part of this seasonal routine. A proper training regimen can go a long way in improving your performance on the slopes, preventing injuries, and hopefully avoiding that week of soreness after your first big day of skiing.

So what does a proper training regimen entail? First and foremost should be mobility and stability. This means stretching, strengthening and balancing the body. A daily routine of stretches for the entire body combined with some good total body strength exercises like squats, pushups, pull-ups with some balance drills like single leg squatting and hopping along with core stability work will provide a nice base for your training. If typical training techniques are boring to you, try a Hatha yoga class. Hatha yoga asanas, or poses, encompass flexibility, total body strength, core stability and balance and are a great alternative training method for people of all ages and levels.

Once mobility and stability are addressed you can start to delve into some elements that will address the specific demands placed on skiers. The first of these elements will be strength. Skiing is a predominantly lower body dominant activity. Importance must therefore be placed on developing the muscles that support the ankle, knee and hip joints. It should be noted that skiing places a high demand on independent leg strength and control. This should be reflected in your training with movements like single leg squats and single leg hip extensions. In addition a significant portion of time should be dedicated to strengthening the core. A strong core will help to make you a more efficient skier, prevent injuries and improve your ability to transfer force from leg to leg.

The next element to be addressed will be power. Skiing is an explosive sport. A great skier will possess a great deal of speed along with their strength. Developing lower body power will allow you to recover faster out of turns and to fight the extreme forces that act upon your body throughout a run. Although in skiing you want to minimize the time that you spend in the air (at least most of us do), adding some explosive hops and jumps to your training will help to develop power that will transfer into your skiing. Once again the core should be placed very high in your priorities. Core power will allow you to recover from the torque placed upon your body through a turn and bring you back into a more efficient tuck position. Adding rotational movements and possibly some medicine ball throws and tosses will help to develop the rotational power necessary to carry you through a run.

The next step will be building on your ability to meet these demands throughout the course of a run. Endurance training often conjures up thoughts of hours of running on a treadmill or pedaling a stationary bike. Now, there is a place for this type of training. A solid aerobic base will help you to recover between runs and will help get you through a long day of skiing. If, however, you are looking for improvements within your run you must learn to train anaerobically. We all know that burning sensation that is present in your legs after a long run. That burning sensation is your muscles screaming for oxygen. The lactic acid causing the burning sensation will decrease your strength, motor control, and ability to recover from exercise. During a run you cannot supply enough energy to keep up with your effort, through the aerobic system so it must turn to the anaerobic system. This unfortunately produces lactic acid as a byproduct. Luckily, you can improve your body's ability to deal with the lactic acid and become more efficient with your anaerobic system. Interval training, and lactate threshold training are two methods of doing this. Running, biking or performing an exercise at a high intensity for repeated durations of anywhere from 20 seconds to 2 or 3 minutes with periods of less intensity in between will force the body to work anaerobically and will help to make the body more efficient at dealing with and recovering from those intense efforts. Running, biking or performing an exercise slightly below, at, or slightly above your lactate threshold (the point where your body can no longer keep up with the amount of lactic acid being produced), will help to improve your body's ability to process lactate and will therefore improve your lactic threshold. That may sound a little complicated to some but what this means that you will be able to ski at higher intensities before you begin to feel that burning sensation, and start to lose strength and control.

These guidelines should provide you with a good start to your pre-season training. For a more in depth option to pre-season preparation, or if you are looking for the competitive edge, Mind to Muscle has numerous options to meet your individual, group or team training needs.



Individual Customized Training Program

Sport Programs		Time	Description			
Individual Customized Skiing Program		90 mins	<p>This option is a more athletic specific conditioning program developed for the individual athlete, based on his/hers strengths and weaknesses as determined through thorough fitness testing procedures. This program is designed to attempt to improve and correct any faulty movement patterns detected in the evaluation, as well determine and correct specific muscle weakness that may affect muscle performance. This option includes customized programming utilizing all of the sport specific training and equipment to ensure that there will be a positive transfer from the conditioning center to the mountain.</p> <p>Generally recommended for athletes competing at elite levels 16 years old and up.</p>			
1 session	16 session	32 sessions	48 sessions	64 session	104 sessions	
\$42.50	\$560.00 (\$35.00)	\$1040.00 (\$32.50)	\$1440.00 (\$30.00)	\$1760.00 (\$27.50)	\$2600.00 (\$25.00)	

Sports Specific Programs Price List

Sport Programs		Time	Description	6 sessions	12 sessions
Skiing Specific Program		60 mins	<p>This option provides the athlete with an athletic development program and coaching supervision while training. The program is designed to meet the specific needs of the sport. This option utilizes sport specific training and equipment to ensure that there will be a positive transfer from the conditioning center to the mountain.</p> <p>Generally recommended for athletes 10 – 16 years old.</p>	\$189.00 (\$31.50)	\$336.00 (\$28.00)

Team and Group Programs Price List

Small Group Training Programs	Time	Description	6 sessions	12 sessions
2-3 Athletes	60 mins	Program that emphasizes proper development of athletic skills in a small group setting for a specific sport.	\$144.00 ea (\$24.00/ person)	\$264.00 ea (\$22.00/ person)
4-5 Athletes	60 mins	Program that emphasizes proper development of athletic skills in a small group setting for a specific sport.	\$132.00 ea (\$22.00/ person)	\$240.00 ea (\$20.00/ person)
6+ Athletes	60 mins	Program that emphasizes proper development of athletic skills in a small group setting for a specific sport.	\$120.00 ea (\$20.00/ person)	\$216.00 ea (\$18.00/ person)

Team Training Price List

Team (15+) Training Programs	Time	Description	Package Price	Taxes Included
1 Session	60 mins	Program that emphasizes proper development of athletic skills in a group setting for a specific sport.	\$125.00 ea (\$8.33/ person)	\$133.75 ea (\$8.92/ person)
10 Sessions	60 mins	Program that emphasizes proper development of athletic skills in a group setting for a specific sport.	\$1250.00 (\$83.33/ person)	\$133.75 (\$89.20/ person)

Fitness Testing

Evaluation	Package Price	Taxes Included
Athletic	\$37.00 per person	\$39.59 per person
Team Rate (1-9)	\$35.00 per person	\$37.45 per person
Team Rate (10 +)	\$27.50 per person	\$29.43 per person
Includes Coach's print out		
Athletic + Movement Screen	\$45.00 per person	\$29.43 per person
Team Rate	\$37.50 per person	\$40.13 per person
Includes Coach's print out		