

# WP Ski and Snowboard Team Strength and Conditioning Program

This program is a year-long exercise program focused on injury prevention and performance enhancement for ski and snowboard athletes. For best results, athletes should first participate in a fitness test, and then work with a strength and conditioning coach in order to tailor this program to address each athlete's strengths and areas for improvement. You may notice that while the program is broken into two month cycles, each phase is only eight weeks. The final week in each two month cycle is to be used for active rest and recovery. This recovery week should include light cardio and lots of flexibility and balance work. Below are samples of weekly schedules for each phase:

## Phase 1: Strength Phase (May and June)

3 full-body strength days per week \*

3 cardio days per week (interval, steady state, and low-resistance recovery)

6 core workouts per week, one after each strengthening or cardio workout

1 day off per week

## Phase 2: Strength and Power Phase (July and August)

3 full-body strength days per week \*

3 cardio days per week (interval, steady state, and low-resistance recovery)

6 core workouts per week, one after each strengthening or cardio workout

1 day off per week

## Phase 3: Power Phase (September and October)

2 full-body strength days per week \*

2 cardio days per week (interval and steady state)

1 plyometric day per week \*

1 flexibility and core day per week (yoga, pilates, or just stretching and core)

1 day off per week

\*Please allow a full day of rest between any strength workouts, and between any strength and plyometric workouts.