



Winter Park Ski Team In-Season Workouts

Recovery 1: Spin Bike

- 5 min. warm-up – easy gear, between 90-100 rpm
- 10-20 min. recovery – 5 sec. hard (gear 12-16, as hard as you can go)
55 sec. low resistance/high cadence (gear 4 or 5, 90+ rpm)
- 5 min. cool-down – easy gear, between 90-100 rpm

Recovery 2: Pool kicking

- 5 lap warm-up
- 10-20 min. recovery – 5 sec. kicking hard and fast, 55 sec. easy kicking
- 5 lap cool-down

Core 1: Strength Endurance

- 20 crunches in each position, complete 3x with minimal rest
 - Start lying flat, bend right knee/right foot flat on the floor and crunch to right side, repeat on left side, both knees bent/feet flat on the floor, windshield wipers, lift right leg/heel to ceiling and crunch to right side, repeat on left side, both heels pressed to ceiling/ touching opposite toes, leg raises

Core 2: Power

- 4-Position Planks (60 sec. each position)
- 3 sets x 10 reps of each, focus on explosivity, add weight if needed
 - Decline Sit-Ups
 - Russian Twist
 - Medicine Ball Ab Curls
 - Physioball Sit-Ups
 - Medicine Ball Side Throws
 - Hanging Leg Lifts
- 4-position Planks (60 sec. each position)



Balance and Quickness:

- Jump rope warm-up 300 jumps
- 20 half moons on Bosu on each leg
- 20 Bosu single-leg squats w/ unweighted leg behind
- 20 Bosu single-leg squats w/ unweighted leg to side
- 20 Bosu single-leg squats w/ unweighted leg in front
- 2 x 30 seconds box jump steps
- 2 x 30 seconds box jumps
- 2 x 30 seconds quick feet (toe touches) on box
- Jump rope cool-down 300 jumps

Anaerobic Power: Spin Bike

- 5 min. warm-up
- 10-30 minutes of intervals
 - Intervals should be 30-90 sec. (discipline specific)
 - Gear from 10-18, as high as you can and still maintain 90-100 rpms
 - Work-Rest Ratio 1:1
- 5 min. cool-down

Strength Maintenance: 3 sets x 5 reps, heavy weight, long recovery

- 5 min. warm-up
- 20 light weight overhead squats
- 20 light snatches
- Power Clean
- Front Squat
- Hamstring Curl
- Straight-Leg Deadlift
- Calf Raises
- Bench Press
- Pull Ups (add weight if necessary)
- Dumbbell Shoulder Press