

# PREPARING FOR SKI SUCCESS

## CONDITIONING

Prevention of ski injuries can be reduced by preseason conditioning. A good conditioning program should involve endurance, strengthening and stretching activities.

### ENDURANCE EXERCISES:

Engage in regular cardiovascular activity 3 to 5 times per week for at least 30 minutes in duration. This will help prepare your body for skiing so you don't get as fatigued as you would otherwise. Because of the high altitude, above average aerobic conditioning is preferred. Either by access to a health club or YMCA, an exercise bicycle, StairMaster, or treadmill are good pieces of equipment to use. Outdoor bicycling or jogging are equally effective. Stair running in a stadium or high rise is another possibility. Step aerobics classes are yet another idea.

### STRENGTHENING EXERCISES:

*To strengthen a muscle it should be overloaded. Increases in the resistance, weight (weights or number of elastic cords), time the position is held, and number of repetitions or sets will help to overload muscles. Three sets of ten repetitions is a common goal.*

**Hip Strengthening:** Lie on your side, lift your top leg slowly up towards the ceiling, then slowly lower. After you are done with your first set, flip over and repeat with the other leg. You can add weights or sports cords for resistance if desired.



**Calf Raises:** Stand on the ground, bring your heels off the ground rising up on your toes - once this is easy stand on a stair or curb and allow your heels to go below the level of the stair and then raise up on your toes.



**Wall Sit:** While standing with your back against the wall, bend your knees allowing yourself to squat. Hold this position for as long as you can. You are working to increase the amount of knee bend up to a seated position and the length of time. Try to hold 30 seconds.



**Partial Squats:** Stand with your feet shoulder width apart. Slowly squat down with your knees bending over your second toe, then slowly rise back up. Never squat below a seated position. Weights can be held in your hands or elastic cords can be used to increase resistance.



**Lunges:** Stand with your feet shoulder width apart. Step forward taking a large stride with one leg, bending the knee until reaching approximately a 90° angle. The back knee will bend until it almost touches the ground. Repeat with the other leg. Weights can be held in your hands to increase resistance.



**Carioca:** Stand with you feet shoulder width apart. Your knees are bent and your hands are out in front of you. Cross one foot in front of the other. Now step laterally with the back foot to regain standing position with the feet shoulder width apart. Then cross your foot behind the other leg and again step laterally to the start position. Repeat front and back cross-over as you move laterally across the room. Increase your speed and knee bend as you feel comfortable.



**X-Jumps:** Mark an "X" on the floor with tape. Jump in each of the four areas created by the "X" - an example would be to jump from 1 to 3 and from 2 to 4. Repeat for one minute.

## STRETCHING EXERCISES:

*Each stretch is done slowly held for 30 seconds and repeated 3 to 5 times.*

**Lower Leg Stretch:** This exercise stretches the back of your lower leg, including the Achilles tendon. Stand arms length from the wall. Put one leg in front to stabilize yourself while stretching the back leg. Lean forward, until you feel a stretch in the back of your lower leg. Keep the heel of your back leg on the ground. After holding this position for 30 seconds, bend your knees still keeping your heel on the ground. Repeat back and forth 3 to 5 times. If it is too difficult to do both legs at once you can alternate legs.



**Quadriceps Stretch:** While standing, support yourself with a hand on a wall. Reach with the other hand and grab the foot from the outside pulling it towards your buttocks until you feel a stretch in the front of your thigh. Switch the supporting hands and repeat with the opposite thigh.



**Hamstring or Back of Thigh Stretch:** While seated with your feet together, reach down and grab your ankles or toes. Hold the position once a stretch is felt in the back of the thigh. Make sure you keep your knees straight.



**Butterfly Stretch:** Sit up straight with the bottoms of your feet together. Pull your feet towards your groin and let your knees fall out to the side. Slowly push down on the inside of your thighs and hold once you feel a good stretch. After holding this position 30 seconds, try to bring your feet up closer to your groin and again push down gently.



**Hip Flexor Stretch:** From a kneeling position lean forward stretching the back hip. Hold. Repeat. Switch legs to stretch the opposite hip flexor.



**Hip Stretch:** While seated, bend one leg and cross it over the opposite leg - the outside of your foot will be next to the outside of the opposite knee. Twist your trunk towards the knee, placing your elbow on the outside of the knee. Push on the outside of the knee until you feel a stretch. Repeat for opposite side.



**Ham String Stretch:** While lying on your back grab the back of your thigh and pull it up. Extend your leg vertically until a stretch is felt. Hold. Repeat.



**Chest Stretch:** Standing in a door way, or at the edge of a wall, place your forearm against the wall, with your elbow away from your side. Then step through door way, or past wall with leg on same side. Feel a stretch across the front of your chest. Hold 30 seconds. Repeat on other side.



**Shoulder Stretch:** Clasp your hands behind your back and slowly lift them up until you feel a stretch in your shoulders. Make sure you keep your upper body straight. Do not lean forward.

***Remember to warm up and stretch before skiing, choose the right equipment and know your limits.***