

Pre-Season Strength Training for Cross Country Skiing

Workout 1—the number of reps, sets and the length of the rest period will change with every change of the two-week Microcycle.

Warm-up:

<u>Exercise</u>	<u>Intensity</u>	<u>Reps</u>	<u>Sets</u>	<u>Rest</u>
Bird-dog	BW	12	2	60 sec.
http://www.acefitness.org/exerciselibrary/14/Bird-dog/				
Glute bridge	BW	12	2	60 sec.
http://www.acefitness.org/exerciselibrary/49/Glute%20Bridge/				
Side plank (modified)	BW	15 sec. hold	2	60 sec.
http://www.acefitness.org/exerciselibrary/100/Side%20Plank%20with%20Bent%20Knee/				

Workout:

<u>Exercise</u>	<u>Intensity</u>	<u>Reps</u>	<u>Sets</u>	<u>Rest</u>
Hip hinges	BW	12	2	60 sec.
http://www.acefitness.org/exerciselibrary/33/Hip%20Hinge/				
Step-ups	BW	12	2	60 sec.
http://www.acefitness.org/exerciselibrary/28/Dumbbell%20Step-up/				
Dumbbell pull-overs		12	2	60 sec.
http://www.acefitness.org/exerciselibrary/37/Lying%20Dumbbell%20Pullovers/				
Push-ups	BW	12	2	60 sec.
http://www.acefitness.org/exerciselibrary/41/Push-up/				
Seated-rows	*	12	2	60 sec.
http://www.acefitness.org/exerciselibrary/48/Seated%20Row%20/				
Shoulder Press	*	12	2	60 sec.
http://www.acefitness.org/exerciselibrary/71/Standing%20Barbell%20Shoulder%20Press/				

Cool-down:

Stretch Duration—hold stretch for this length of time:

Cat-camel 30 sec.

<http://www.acefitness.org/exerciselibrary/15/Cat-Camel/>

Downward facing dog 30 sec.

<http://www.acefitness.org/exerciselibrary/18/Downward-facing%20Dog/>

Cobra 30 sec.

<http://www.acefitness.org/exerciselibrary/16/Cobra/>

Workout 2—the number of reps, sets and the length of the rest period will change with every change of the two-week Microcycle.

Warm-up:

<u>Exercise</u>	<u>Intensity</u>	<u>Reps</u>	<u>Sets</u>	<u>Rest</u>
Dirty-dog	BW	12	2	60 sec.
http://www.acefitness.org/exerciselibrary/109/Dirty%20Dog/				
Plank	BW	20sec. hold	2	60 sec.
http://www.acefitness.org/exerciselibrary/32/Front%20Plank/				

Seated Rotations MB 12 2 60 sec.
<http://www.acefitness.org/exerciselibrary/47/Seated%20Medicine%20Ball%20Trunk%20Rotations/>

Workout

Front squats * 12 2 60 sec.
<http://www.acefitness.org/exerciselibrary/22/Dumbbell%20Front%20Squat/>

Forward lunge BW 12 2 60 sec.
w/arm drivers

<http://www.acefitness.org/exerciselibrary/95/Forward%20Lunge%20with%20Arm%20Drivers/>

Standing hip * 12 2 60 sec.
Abductions

<http://www.acefitness.org/exerciselibrary/103/Standing%20Hip%20Abduction/>

Standing hip * 12 2 60 sec.
Adductions

<http://www.acefitness.org/exerciselibrary/104/Standing%20Hip%20Adduction/>

Lat pulldowns * 12 2 60 sec.

<http://www.acefitness.org/exerciselibrary/35/Lat%20Pulldown/>

Front raises * 12 2 60 sec.

<http://www.acefitness.org/exerciselibrary/54/Dumbbell%20Front%20Raise/>

Hammer curls * 12 2 60 sec.

<http://www.acefitness.org/exerciselibrary/exercises.aspx?bodypart=2>

Triceps Push-downs * 12 2 60 sec.

<http://www.acefitness.org/exerciselibrary/3/Triceps%20Pushdown/>

Cool Down

Stretch Duration—hold stretch for this length of time:

Cat-camel 30 sec.

<http://www.acefitness.org/exerciselibrary/15/Cat-Camel/>

Downward facing dog 30 sec.

<http://www.acefitness.org/exerciselibrary/18/Downward-facing%20Dog/>

Cobra 30 sec.

<http://www.acefitness.org/exerciselibrary/16/Cobra/>

Start Mesocycle 1 by doing two sets of each exercise for Microcycle A for 12 repetitions. After two weeks, progress to three sets of 12 reps for Microcycle B.

When you reach Mesocycle 2, make the following adjustments to Workout 1: start using a weight for the hip hinges by holding a barbell in front of the body and add resistance to the step-ups by holding dumbbells in the hands.

Make the following changes to Workout 2: add weight to the lunges by using a weighted bar or barbell across the shoulders <http://www.acefitness.org/exerciselibrary/8/barbell-forward-lunge> and replace the standing abductor and adductor movements with a Side lunge

<http://www.acefitness.org/exerciselibrary/50/Side%20Lunge/>. Add weight by holding dumbbells in the hands.

For Mesocycle 3 make the following adjustments to Workout 1: add box jumps to the workout as the first exercise, only six-to-eight repetitions per set and replace the hip hinges with deadlifts <http://www.acefitness.org/exerciselibrary/6/barbell-deadlift>. To change Workout 2 add lateral

cone jumps <http://www.acefitness.org/exerciselibrary/120/lateral-cone-jumps> as the first exercise to the workout, only six-to-eight repetitions per set. Microcycle A will increase the intensity by adding five repetitions, but the good news it is only for two sets and you will get an extra fifteen seconds of rest. Microcycle B progresses to three sets of twenty reps and drops fifteen seconds off of the rest interval.

For Mesocycle 4 make the following changes to Workout 1: add squat jumps to the workout after box jumps, again doing only six-to-eight repetitions per set (the first two exercises should be box jumps and squat jumps) and add glute activation lunges <http://www.acefitness.org/exerciselibrary/96/glute-activation-lunges> after the step-ups. To change Workout 2, add forward cone jumps at the beginning of the workout <http://www.acefitness.org/exerciselibrary/118/forward-cone-jumps>. This is the final phase before the start of the season so Microcycle A progresses to twenty-five repetitions (except for the jumps) which should elevate your heart-rate similar to your favorite aerobic workout, the good news is that you'll have a forty-five second rest interval. Microcycle B keeps the rep range at twenty-five, but adds another set while dropping fifteen seconds off of the rest interval.

Following this periodized strength training program should provide you with the muscular strength-endurance as well as enhanced aerobic fitness thanks to the high number of weight-lifting repetitions in the final training phase in order to hit the trails with a full tank of gas once there is enough snow. To maintain the strength-endurance for the duration of the ski season keep doing the final two workouts and alternate between performing fifteen repetitions (fatiguing by the last rep) one week and twenty-five reps (again fatiguing by the last rep) the following week. Weeks before you plan on doing a lot of skiing on the weekend plan to do the fifteen-rep workouts and weeks when you know you won't be able to hit the trails plan to do the higher rep ranges, this organization should keep you trail-ready all season long.