

Cascade Telemark

Ski Conditioning Program

Part 2 | Weeks 3&4

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Weeks 3-4: Building Strength and Stability with Resistance

Day 1: Compound Movements & Stability

1. Dead Bugs

- **Description:** Start on your back with your arms straight up to the ceiling and your feet off the ground with your knees bent. Ensure you have an anterior pelvic tilt so your low back should be pressed into the ground and your lower abdominals will be engaged, no lower back arching. Keeping this position, Extend your right leg to the floor without touching your foot to the ground while simultaneously lowering your left arm above your head towards the ground. Come back to the starting position and repeat with your left leg and right arm.
- **Form Cues:** Keep your anterior pelvic tilt strong the whole time. This will engage your core and reduce lower back strain.
- **Sets/Time:** 3 sets of 10 per side.
- **Modification:** Perform without the arms and/or keep the knees bent to where you're tapping the feet to the ground and returning to baseline.
- **Progression:** Add a resistance band to a solid surface above your head and pull against it with your hands towards your legs.

2. Weighted Reverse Lunge with Rotation

- **Description:** Hold a dumbbell or kettlebell in both hands. Step back into a lunge while rotating your torso towards the front leg. Return to standing.
- **Form Cues:** Maintain a strong core and straight back. Rotate your hips and shoulders together.
- **Sets/Reps:** 3 sets of 12 reps per leg.
- **Modification:** Use lighter weights or no weights.
- **Progression:** Increase weight or perform on an unstable surface.

3. Single-Leg Deadlift/RDL

- **Description:** Hold a dumbbell in one hand. Stand on the opposite leg and hinge forward at the hip, extending the other leg behind you until your torso is parallel to the ground or just before you lose good form. Keep your spine neutral and core engaged. All the flexion should be coming from the hip joint and a slight knee bend is okay. Return to standing.
- **Form Cues:** Keep your core engaged. This includes an anterior pelvic tilt with your back straight and hinge at the hips, not the waist. Lower down slowly to at least a count of six. Engage your glutes and hamstrings to rise back up.
- **Sets/Reps:** 3 sets of 12 reps per leg.
- **Modification:** Perform without weights or have a hand on a stable surface to reduce the balance challenge. You can also perform this double legged.
- **Progression:** Increase weight.

Alternate Option: Perform this exercise at a smith machine to eliminate the balance challenge so you can focus mainly on strength.

4. Weighted Step-Up

- Description: Hold dumbbells at your sides or in one hand. Place one foot onto a bench or box and drive through the heel to rise up without using your other leg to push yourself up. Slowly lower back down and return to the starting position.
- Form Cues: Press through the heel of the elevated foot and keep your core engaged.
- Sets/Reps: 3 sets of 10 reps per leg.
- Modification: Perform without weights.
- Progression: Increase weight, perform with a pause at the top, or don't put the bottom foot back down at the bottom of the rep.

Day 2: Core Strength & Agility

1. Plank with Med Ball Pass/Dumbbell Pull Across

- Description: Start in a plank position with a med ball or dumbbell next to one hand. Roll the ball or weight to the other side using your hand, then switch back.
- Form Cues: Maintain a straight line from head to heels and engage your core. Move slowly to avoid rocking side to side.
- Sets/Time: 3 sets of 30 seconds.
- Modification: Perform plank without ball or preform on your knees.
- Progression: Increase duration or perform on an unstable surface.

2. Goblet Squats

- Description: Stand with feet shoulder-width apart holding a weight to your chest. Squat down to where your thighs are parallel to the ground and then rise back up.
- Form Cues: Engage your core and use your legs to drive the squat. Avoid bending your back.
- Sets/Reps: 3 sets of 10 reps.
- Modification: Perform without weight, just squat.
- Progression: Increase weight.

3. Side Lunge with Weight

- Description: Stand with feet together, holding a dumbbell in both hands. Step out to the side into a lateral lunge while keeping the weight at your chest. Push off with the bent leg to return to standing.
- Form Cues: Keep your chest lifted and knees aligned with your toes.
- Sets/Reps: 3 sets of 12 reps per side.
- Modification: Perform bodyweight side lunges.
- Progression: Increase weight or add a jump at the end.

4. Agility Ladder Drills

- Description: Use an agility ladder or tiled floor for various footwork drills (e.g., in-and-out, lateral shuffles).
- Form Cues: Keep your feet light and quick. Focus on precise foot placement.
- Sets/Time: 3 sets of 1 minute, alternating drills.

- Modification: Perform for less duration.
- Progression: Increase speed or complexity of drills

Day 3: Enhanced Lower Body Strength

1. Weighted Bulgarian Split Squats

- Description: Elevate your back foot on a bench or box. Hold dumbbells and slowly lower into a lunge. Drive through the heel of the flat foot to rise back up. Pick a weight where your last two reps are challenging to perform.
- Form Cues: Keep your front knee over your toes and back straight. More of a forward torso lean/hip hinge will increase the stretch in the glutes. Versus a more upright posture will target the quads.
- Sets/Reps: 3 sets of 8-10 reps per leg.
- Modification: Perform without weights.
- Progression: Increase weight or slow down the tempo.

2. Single-Leg Box Squats

- Description: Stand in front of a box. Lower into a squat on one leg until you lightly touch the box, then stand back up.
- Form Cues: Engage your glutes and keep your balance.
- Sets/Reps: 3 sets of 8-10 reps per leg.
- Modification: Perform assisted squats using handles or a stick for balance.
- Progression: Decrease box height or add weights.

3. Weighted Calf Raises on Step

- Description: Stand on a step with heels hanging off. Raise your heels as high as possible, then SLOWLY lower them below the step level. If needed, rack a dumbbell by your shoulders to increase the load of this exercise.
- Form Cues: Keep your core engaged and control the movement.
- Sets/Reps: 3 sets of 15 reps.
- Modification: Perform on flat ground or reduce the reps.
- Progression: Add weights or perform on one leg.

4. Controlled Jump Lunges

- Description: Begin standing and jump up to land into a lunge. Focus on landing softly and becoming stable in the lunge. From this position, jump up again to switch the leading leg into the other side of the lunge.
- Form Cues: Keep your chest up and core engaged. Land softly to absorb impact.
- Sets/Reps: 3 sets of 10 jumps per side
- Modification: Reduce the height of the jump or just step back into the lunge and find stability.
- Progression: Increase jump height or decrease time between jumps.

Optional Day 4: Power, Endurance, and Plyometrics

1. Cable or Resistance Band Pallof Press

- Description: Stand sideways to a cable or resistance band anchor, holding the handle or band at chest level. With feet shoulder-width apart, press the handle or band straight out in front of you, resisting rotation, then return to chest.
- Purpose: Builds anti-rotational core stability, crucial for maintaining control and stability in skiing's lateral movements.
- Form Cues: Keep your shoulders and hips squared forward, engage your core to resist rotation.
- Sets/Reps: 3 sets of 12 reps per side.
- Modification: Use a lighter band or weight.
- Progression: Increase resistance or perform with a single-leg stance for added stability work.

2. Jump Squats

- Description: Perform a squat and explosively jump upward, landing softly back into a squat.
- Form Cues: Engage your core and land softly to absorb impact.
- Sets/Reps: 3 sets of 10 reps.
- Modification: Regular squats without jump.
- Progression: Increase jump height or add a tuck at the top.

3. Walking Lunges with Torso Rotation

- Description: Step forward into a lunge and, once stable, rotate your torso over the front leg. Alternate legs and repeat.
- Purpose: Builds endurance, leg strength, and rotational core control, which is essential for stable, controlled turns in telemark skiing.
- Form Cues: Keep your core engaged, spine straight, and ensure rotation happens through the core, not the arms.
- Sets/Reps: 3 sets of 10 reps per leg.
- Modification: Reduce rotation depth.
- Progression: Add weight or decrease the tempo of each lunge.

4. Burpees

- **Description:** Start in a standing position, feet shoulder-width apart. Squat down, placing your hands on the ground just in front of your feet. Jump or step your feet back to come into a high plank position with your body in a straight line. Perform a push-up (optional), then jump or step your feet back towards your hands, coming into a low squat position. Stand up or jump straight up, reaching your arms overhead to complete the movement.

- **Form Cues:**
- **Plank Position:** Keep your core tight, and avoid letting your hips sag. Engage your glutes to maintain a strong plank.
- **Push-Up:** Lower your chest to the ground with control, keeping your elbows at about a 45-degree angle from your body (or perform a kneeling push-up as a modification).
- **Jump or Stand:** Land softly from the jump, bending your knees slightly to absorb impact, or simply stand if avoiding impact.
- **Low-Impact (Non-Jumping) Option:**
- **Step-Back Burpee:** From standing, squat down and place your hands on the ground. Step your feet back one at a time to reach a plank position, perform an optional push-up or kneeling push-up, then step your feet back up to your hands one at a time. Stand up and reach your arms overhead without jumping.
- **Sets/Reps:** 3 sets of 10 reps
- **Progression:** Increase the pace or add weight by holding light dumbbells as you perform the squat-to-stand movement.

Great job! After repeating these for week 4, move on to weeks 5 & 6.