Cascade Telemark

Ski Conditioning Program

Part 1 | Weeks 1&2

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Weeks 1-2: Foundation of Strength, Balance, and Mobility

Day 1: Leg Strength & Sagittal Plane Control

1. Bodyweight Reverse Lunge with Rotation
    - Description: Stand tall with feet hip-width apart. Step back with your right foot into a lunge, lowering your back knee toward the floor while keeping your front knee over your ankle. Rotate your torso to the left over your forward leg. Return to standing.
    - Form Cues: Keep your chest up and **core engaged**. Rotate through your torso, not just your arms.
    - Sets/Reps: 3 sets of 12 reps per leg.
    - Modification: Reduce range of motion or remove rotation.
    - Progression: Add a med ball slam with the rotation, additional weight, or perform on an unstable surface.

2. Single-Leg Glute Bridge
    - Description: Lie on your back with knees bent and feet flat on the floor. Extend your right leg straight up. Press through your left heel to lift your hips off the ground, squeezing your glutes at the top. Lower back down. Switch Sides.
    - Form Cues: Keep your shoulders relaxed and your core engaged. Avoid arching your lower back; focus on lifting through your glutes.
    - Sets/Reps: 3 sets of 12 reps per leg.
    - Modification: Perform a regular glute bridge.
    - Progression: Add resistance across hips or elevate feet.

3. Side Plank
    - Description: Start in a side plank position with your elbow directly under your shoulder and feet stacked. Drive your top knee towards your chest while keeping your bottom leg straight. Return to the plank position.
    - Form Cues: Keep your body in a straight line from head to heels. Engage your core and squeeze your glutes to maintain stability.
    - Sets/Time: 3 sets of 30 seconds per side.
    - Modification: Hold side plank with your knees on the ground.
    - Progression: Add leg lift/knee drive.

4. Step-Up to High Knee Hold
    - Description: Stand in front of a sturdy step or box. Step up with your right foot, driving your left knee up towards your chest. Hold for a moment, then step back down.
    - Form Cues: Keep your chest lifted and engage your core. Press through the heel of your stepping foot to activate your glutes.
    - Sets/Reps: 3 sets of 10 reps per leg.
    - Modification: Use a lower step.
    - Progression: Add weights or perform on an unstable surface.

Day 2: Core Stability & Frontal Plane Strength

1. Lateral Lunge to Cross-Body Reach
    - Description: Stand with feet hip-width apart. Step out to the right into a lateral lunge, bending your right knee while keeping your left leg straight. As you lunge, reach your left hand across your body to the right foot. Return to standing.
    - Form Cues: Keep your chest up and back straight. Ensure your right knee doesn't go past your toes.
    - Sets/Reps: 3 sets of 10 reps per side.
    - Modification: Static lateral lunge without reach.
    - Progression: Add a med ball or resistance band.

2. Bear Crawl with Shoulder Taps
    - Description: Start on all fours, with hands under shoulders and knees under hips. Lift your knees slightly off the ground and crawl forward while tapping your right shoulder with your left hand and vice versa.
    - Form Cues: Keep your core tight and avoid rotating your hips. Move slowly to maintain balance.
    - Sets/Time: 3 sets of 30 seconds.
    - Modification: Crawl without shoulder taps or preform shoulder taps without the crawl.
    - Progression: Perform on an incline.

3. Supine Heel Slides
    - Description: Lie on your back with knees bent and feet flat. Using a slider, paper plate, or hand towel on a slick surface, slowly slide your right heel away from you, extending your leg while keeping your lower back pressed into the floor. Slide it back to the starting position.
    - Form Cues: Keep your core engaged to avoid arching your back. Move slowly and control the motion.
    - Sets/Reps: 3 sets of 10 reps.
    - Modification: Pelvic tilts with feet on floor.
    - Progression: Slide out both heels at the same time or perform on a foam roller.

4. Bodyweight Skater Jumps with Pause
    - Description: Start standing with feet shoulder-width apart. Jump to the right, landing on your right leg while bringing your left leg behind. Pause, then jump to the left.
    - Form Cues: Land softly, bending your knee to absorb the impact. Keep your core engaged and chest up.
    - Sets/Reps: 3 sets of 10 jumps per side.
    - Modification: Perform smaller step instead of jump.
    - Progression: Add med ball or increase jump distance.

Day 3: Lower Body Strength

1. Wall Sit
    - Description: Lean against a wall with your feet shoulder-width apart and slide down into a squat position. Hold here and progress with a rotation if desired.
    - Form Cues: Keep your back flat against the wall. Ensure your knees don't go past your toes.
    - Sets/Time: 3 sets of 30-45 seconds.
    - Modification: Perform wall sit for less time per rep.
    - Progression: Increase hold time or add a rotation with just your arms or a med ball weight.

2. Bulgarian Split Squats (Bodyweight)
    - Description: Stand a few feet in front of a bench. Place one foot on the bench behind you. Lower into a squat with your front leg until your back knee almost touches the floor, then push back up.
    - Form Cues: Keep your front knee over your ankle. Maintain a straight back throughout the movement.
    - Sets/Reps: 3 sets of 10 reps per leg.
    - Modification: Reduce squat depth or perform split squat without elevation.
    - Progression: Add dumbbells or jump at the top.

3. Squat Jumps
    - Description: Stand with feet shoulder-width apart. Lower into a squat, then explosively jump upwards. Land softly and transition back into a squat.
    - Form Cues: Engage your core and keep your chest up. Absorb the landing with bent knees.
    - Sets/Reps: 3 sets of 8-10 reps.
    - Modification: Remove jump and perform regular squats.
    - Progression: Add a tuck at the top of the jump.

4. Calf Raises off a Step
    - Description: Stand on balls of your feet on the edge of step with your heels dangling over. Lower your heels to a comfortable range of motion and push up onto your toes. Slowly lower back down at a tempo of 6-8 seconds.
    - Form Cues: Keep your core tight and the rest of your body straight. Control the motion as you complete the calf raise.
    - Sets/Reps: 3 sets of 12 reps.
    - Modification: Perform calf raises of the flat ground.
    - Progression: Add weight to the movement.

Optional Day 4: Cardiovascular Endurance & Sport-Specific Movements

1. High Knee Run with Arm Drive
    - Description: Stand in place and quickly raise your knees towards your chest while pumping your arms. Keep a fast pace for maximum heart rate.
    - Form Cues: Maintain an upright posture, engaging your core. Pump your arms in sync with your legs.
    - Sets/Time: 3 sets of 30 seconds.
    - Modification: March in place.
    - Progression: Increase speed or add ankle weights.

2. Mountain Climbers with Rotational Knee Drive
    - Description: Start in a plank position. Quickly bring your right knee towards your right elbow, then switch and bring your left knee towards your left elbow. Keep alternating.
    - Form Cues: Keep your body straight, and don't let your hips sag. Move quickly but controlled.
    - Sets/Time: 3 sets of 30 seconds.
    - Modification: Regular mountain climbers.
    - Progression: Add resistance band or increase speed.

3. Squat to Calf Raise with Reach
    - Description: Stand with feet shoulder-width apart. Squat down, keeping your chest up, then rise up and lift your heels off the ground while reaching your arms overhead.
    - Form Cues: Keep your weight in your heels and back straight during the squat. Engage your calves when lifting your heels.
    - Sets/Reps: 3 sets of 10 reps.
    - Modification: Perform regular squats.
    - Progression: Add weights or perform on unstable surface.

4. Slow Walking Lunges
    - Description: Start in a standing position. Step forward into a lunge that allows your front knee to remain over your front ankle (not too large). Focus on slowly lowering your knee towards the ground and then slowly come back up. Once the lunge is complete, push through your back foot to start a new lunge on the alternate side.
    - Form Cues: Keep your core aware and move slowly through the movement. The lunge is mimicking the telemark stance, so we want to build familiarity and strength in this movement pattern.
    - Sets/Reps: 3 sets of "down/back" from a designated area about 15-20 reps each set.
    - Modification: Less reps.
    - Progression: Increase reps or add weight vest.

Done, move on to Weeks 3 & 4!