

Cascade Telemark

Ski Conditioning Program

Part 3 | Weeks 5&6

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Day 1: Lower Body and Core Stability

1. Lateral Band Walks

- Purpose: Strengthens the glutes and hips, improving lateral movement and stability, essential for skiing turns.
- Form Cues: Place a resistance band around ankles. Slightly squat down and step side-to-side, maintaining tension on the band. Keep your chest up, knees bent, and hips pushed back.
- Sets/Reps: 3 sets of 15-20 steps per side.
- Modifications: Put the band just above your knees or perform the movement without a band for reduced resistance.
- Progressions: Increase the band resistance or add a squat between each step to enhance glute activation.

2. Resistance Band Squat to Press or Dumbbell

- Purpose: Engages the lower body and shoulders while improving coordination and functional strength.
- Form Cues: Stand on the center of a resistance band with feet shoulder-width apart. Hold the band handles or dumbbells at shoulder height. Squat down while keeping your chest up, then press the band/weight overhead as you stand back up.
- Sets/Reps: 3 sets of 10-12 reps.
- Modifications: Use a lighter resistance or perform the press without resistance.
- Progressions: Use a heavier resistance or add a pause in the squat at the bottom to increase intensity.

3. Dumbbell Walking Lunges (Slow and Controlled)

- Purpose: Builds lower body strength and stability while emphasizing control during the movement.
- Form Cues: Hold a dumbbell in each hand, shoulders back. Step forward into a lunge, keeping your chest upright and front knee tracking over the toes. Lower slowly, then push through the heel to stand up and bring the back leg forward.
- Sets/Reps: 3 sets of 10-12 reps per leg.
- Modifications: Perform the movement without weights for beginners or use lighter weights.
- Progressions: Increase the dumbbell weight or go slower throughout the movement.

4. Walking Suitcase Carries with High Knees

- Purpose: Improves core stability, grip strength, and balance, mimicking the functional strength needed for skiing.
- Form Cues: Hold a dumbbell or kettlebell in one hand with your arm at your side. Walk slowly, raising your knees high, keeping your core engaged and shoulders back. Focus on controlling your posture and resisting side-to-side motion.
- Sets/Reps: 3 sets of 30-60 seconds.
- Modifications: Use lighter weights or perform the exercise without weights.
- Progressions: Increase the weight of the dumbbell or perform while holding another dumbbell in the other hand with your arm extended over your head.

Day 2: Strength and Core Stability

1. Double Leg Romanian Deadlift (RDL)

- Purpose: Strengthens the hamstrings, glutes, and lower back, improving posterior chain stability.
- Form Cues: Stand with feet hip-width apart, holding a dumbbell in each hand. Hinge at the hips while keeping your back straight, lowering the dumbbells towards your feet. Engage your glutes and hamstrings to return to standing.
- Sets/Reps: 3 sets of 10-12 reps.
- Modifications: Reduce the range of motion or perform the exercise without weights.
- Progressions: Increase the weight or slow down the movement.

2. Heels Elevated Goblet Squat

- Purpose: Targets the quads and glutes, increasing knee mobility and lower body strength for skiing stability.
- Form Cues: Hold a dumbbell close to your chest. Stand with heels elevated on a plate or wedge. Squat down, keeping your chest up and knees tracking over your toes, then push through the heels to return to standing.
- Sets/Reps: 10 weighted reps straight into body weight for another 10 reps for 3 sets.
- Modifications: Perform the squat without weight or with a lower range of motion if flexibility is limited.
- Progressions: Increase the dumbbell weight or slow down the movement.

3. Alternating Dumbbell Bent-Over Row with Core Engagement

- Purpose: Engages the back and core simultaneously, building functional strength for skiing posture and movement.
- Form Cues: Stand with knees slightly bent and hinge at the hips, keeping your back flat. Row one dumbbell up at a time, keeping your core tight to prevent rotation. Alternate arms with each rep.
- Sets/Reps: 3 sets of 12 reps per side.
- Modifications: Use lighter dumbbells or perform the rows with one arm at a time.
- Progressions: Increase the weight or add a pause at the top of the row to increase back engagement.

4. Dumbbell Windmill

- Purpose: Strengthens the core, obliques, and shoulders, improving balance, stability, and mobility—key for skiing turns and control.
- Form Cues: Stand with feet shoulder-width apart, holding a dumbbell overhead with a locked elbow. Rotate feet slightly away from the dumbbell. Push hips back and bend at the waist, reaching the floor with your free hand while keeping the dumbbell overhead. Return to standing, maintaining core stability and control.
- Sets/Reps: 3 sets of 8-10 reps per side.
- Modifications: Use a lighter dumbbell/no weight or reduce range of motion if needed.
- Progressions: Increase weight or slow the movement for more challenge.

Day 3: Unilateral Lower Body Strength and Core Engagement

1. Dumbbell Sumo Deadlift

- Purpose: Emphasizes lower body strength, particularly the glutes and inner thighs, for skiing stability.
- Form Cues: Stand with feet wider than shoulder-width, holding a dumbbell between your legs. Hinge at the hips, keeping your back flat, and drive through your heels to stand.
- Sets/Reps: 3 sets of 12-15 reps.
- Modifications: Use lighter dumbbells or reduce the depth of the hinge.
- Progressions: Increase the dumbbell weight or add a pulse at the bottom to increase intensity.

2. Dumbbell Front Foot Elevated Split Squat

- Purpose: Targets the quads, glutes, and hip flexors while improving balance and stability.
- Form Cues: Stand with one foot elevated on a bench or step, holding a dumbbell in each hand. Lower into a lunge position, keeping your chest upright and front knee in line with your toes, then return to standing.
- Sets/Reps: 3 sets of 10-12 reps per leg.
- Modifications: Perform without weights or use a lower surface for the foot elevation.
- Progressions: Increase the dumbbell weight or add a pulse at the bottom of the lunge.

3. Resistance Band Wood Chop

- Purpose: Engages the entire core and improves rotational power, essential for skiing turns.
- Form Cues: Attach a resistance band to a sturdy surface at chest height. Hold the band with both hands and rotate your torso to pull the band diagonally across your body, ending with arms fully extended. Return slowly.
- Sets/Reps: 3 sets of 12 reps per side.
- Modifications: Use a lighter resistance band or reduce the range of motion.
- Progressions: Increase the resistance or add a squat as you perform the chop to engage lower body power.

4. Single-Leg Glute Bridge with Weight

- Purpose: Strengthens the glutes and hamstrings while improving single-leg stability for skiing.
- Form Cues: Lie on your back with one foot flat on the floor and the other leg extended. Place a weight on top of the hip of the planted leg. Then, push through the foot on the floor to lift your hips, squeezing your glutes at the top.
- Sets/Reps: 3 sets of 12 reps per leg.
- Modifications: Perform without a weight or use both feet for a standard glute bridge.
- Progressions: Add a pause at the top or increase the weight for more challenge.

Day 4 (Optional): Power and Balance Focus

1. Bulgarian Split Squat with Dumbbells

- Purpose: Strengthens the lower body while improving unilateral balance and stability.
- Form Cues: Stand with one foot elevated on a bench behind you, holding a dumbbell in each hand. Lower into a lunge, keeping your front knee aligned with your toes, then press through the heel to return to standing.
- Sets/Reps: 3 sets of 10 reps per leg.
- Modifications: Perform without weights or use a lower surface for the foot elevation.
- Progressions: Increase the dumbbell weight or add a jump at the top of the movement to make it more dynamic.

2. Weighted Glute Bridge

- Purpose: Builds posterior chain strength, with emphasis on the glutes, which are crucial for skiing posture and power.
- Form Cues: Lie on your back with your knees bent and feet flat on the floor. Place a weight on your hips and push through your heels to lift your hips, squeezing your glutes at the top.
- Sets/Reps: 15 weighted reps into bodyweight reps of as many as possible for 3 sets.
- Modifications: Perform without weight or reduce the range of motion.
- Progressions: Increase the weight or add a pause at the top for a more intense contraction.

3. Dumbbell Renegade Row

- Purpose: Strengthens the back and core while challenging stability and posture.
- Form Cues: Start in a high plank position with a dumbbell in each hand. Row one dumbbell to your side while keeping your hips stable and core engaged. Alternate sides.
- Sets/Reps: 3 sets of 12 reps per side.
- Modifications: Perform the movement without weights or keep knees on the floor.
- Progressions: Increase the weight of the dumbbells or perform the row with a wider stance to challenge stability.

4. Standing Dumbbell Calf Raise with Isometric Hold

- Purpose: Strengthens the calves for improved balance and stability during skiing.
- Form Cues: Stand tall, holding a dumbbell in each hand. Raise your heels off the ground, balancing on the balls of your feet, and hold at the top for a few seconds before lowering back down.
- Sets/Reps: 3 sets of 15 reps.
- Modifications: Perform without weights or with both feet flat on the ground.
- Progressions: Add more weight or increase the hold time at the top to intensify the exercise.

Move on to Weeks 7 & 8!