

# U14 JHSC Conditioning Maintenance

In order to get the most out of your conditioning for the competition season, a maintenance program is recommended. **Maintenance** refers to keeping up our condition during the competition season without over-doing it and hampering competition performance. The off-season is the time for most strength building; right now we need to maintain what you have worked hard building this fall. We have broken our workouts into five categories: Recovery, Core, Strength, Stamina, and Coordination. It is going to be up to you to make the choice to do your Maintenance workouts. We will do our best to try to include some of this in our scheduled training, but the conditioning maintenance will be mostly unsupervised and on your own time.

## Recovery Workouts

Most important to our maintenance routine is to make sure that we stay rested, and get enough recovery workouts. Recovery is an important part of your training, so pay attention to what your body is telling you. A light jog and long stretch will help you recover much better than just sitting on your couch! If you can fit in 2-3 recovery jogs/walks and stretches in each week, it will help you keep your energy up for the other more fun parts of training (on snow!). Keeping yourself healthy and rested is also very important. Try not to eat too much junk food... Make sure you get **proper nutrition, lots of water, and plenty of rest.**

## Core Workouts

Core (abs) workouts are also a critical part of conditioning, and are easy to do on your own. Without a strong core overall strength is diminished. Building strong core muscles will be another primary focus of our conditioning maintenance. It is something that you can easily do on your own for 10-15 minutes before you go to bed at night or as a quick study break in your homework. If you can do a core routine for 10-15 minutes every other day, it will pay off by the end of the season in your on snow training!

## Strength/Stamina/Coordination Workouts

Lastly, we will outline 3 other ways to keep your strength, coordination, and stamina up for the season. We have outlined these three types of exercises that take more time and energy, but are important to fit into your schedule when possible. We do not expect you to do all three every week, but if you can set aside some time each week to do at least one or two: strength, coordination, or stamina workouts it will pay off over the season. You may be getting some of these workouts in your gym class at school or you may need to dedicate some time for these during your time off of the snow. Mix it up, and make sure you do a variety of all three types. Make sure that you get recovery workouts in between these more intense workouts.

Below is a sample, 2 week maintenance schedule, for you to use as a guide and below that are some details about each type of workout. Please feel free to contact me with questions, comments, or for more info on workouts and schedules.

## **U14 JHSC: 2-Week Sample Maintenance Program**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF Recovery	S&E: -Warm-up -Stretch -Strength -Core	Recovery: 20-30 min walk or very slow jog and <b>long stretch</b>	Core	Recovery: 20-30 min walk or very slow jog and <b>long stretch</b>	Coordination/ Cross-Train: -Warm Up -Play a game with friends -Core	Recovery: 20-30 min walk or very slow jog and <b>long stretch</b>
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF Recovery	Stamina: -Aerobic run -Stretch -Core	Recovery: 20-30 min walk or very slow jog and long stretch	Core	Recovery: 20-30 min walk or very slow jog and long stretch	S&E: -Warm-up -Stretch -Strength -Core	Recovery: 20-30 min walk or very slow jog and <b>long stretch</b>

## **Recovery Workout Details:**

Rest and recovery are the number one most neglected part of training and an essential tool. While you can put in the hours of training, rest is what allows your body to adapt to training. Despite the names, rest and recovery can be dynamic and you need to actively help your body recover.

A recovery workout consists of very low heart-rate activity and low energy expenditure. A long walk, a very very slow jog or swim, or a low resistance spin with fast pedaling help flush out toxins like lactic acid from your muscles so they recover more quickly from a hard day skiing or working out. Aim for around a 20-30 minute workout and then a nice long stretching session. Stretching is a crucial element of recovery. Not only do your muscles need to be strong, but they need length in order to have the elasticity to protect you from over-training or taking a digger on the hill. We have done many different static stretching routines during Dryland training. Take time to do your favorite routine after your recovery workout. Make sure to stretch all of your different muscle groups, and hold each stretch for at least 30-45 seconds.

Sleep is another crucial aspect to rest and recovery. You are growing, working hard, and studying hard, so you need to be getting enough sleep to keep your body running efficiently. Try to get at least 8 hours of sleep every night!

Sample Stretching routine:

- quads
- hip flexors
- groin
- hamstrings
- butt
- calves
- ankles
- back (twist and forward)
- stomach
- arms
- shoulders
- wrists
- neck
- etc...

## **CORE Workout Details:**

It is very feasible for you all to make time for a 10 minute core workout every other day. You can and should mix up your routine to keep it fresh and make sure you strengthen all parts of your core. In each workout make sure you include a good variety of exercises that work all parts of your stomach and back muscles. We have included a list below, but you can add to it with your favorites. You can do reps of each exercise for 10 minutes, or you can time yourself for 30-60sec in each exercise to get to the 10 minutes. If you want to go longer, go for it! These muscles are big and will recover quickly, push yourself hard on core workouts.

Along with the core, it is important for us to keep our whole legs strong during ski season. Skiing really strengthens our quads, and the front of our legs, but doesn't do as much for our hamstrings (back of femur part of your leg). We want our legs to stay strong on both front and back, so adding in some hamstring exercises into your core workouts is a good idea. The easiest hamstring exercise is the single leg hip raises that we did all fall in dryland. *Reminder: lay on your back and put your one leg up onto a chair, coffee table, bosu ball, couch, etc. so that your knee is bent around 90 degrees. Put your foot of your other leg onto your knee of the leg on the chair. Raise your hips off of the ground using the leg resting on the chair. Make sure to lift your hips up until your body from your knee to your shoulders is one straight plank each time. Do 3 sets of 15 hip raises*

with each leg during your core routine. This should only add around 5 minutes onto your core routine, but will be super helpful during the ski season!

Some core exercise ideas:

- Crunches
- V-ups
- T.V. Watchers
- Cherry pickers
- Kayakers
- Supermans (Super-Roy's)
- Bicycles
- Side Crunches
- Fish On's
- Grass stains
- Lumber Jack's
- Bird-Dogs
- Side dips
- Lemon Squeezers
- 50 – 50 – 100 (50 crunches, 50 reverse crunches, 100 bicycles)
- ...and many more

***Example 10-15 minute routine:***

- 1 leg hip raises- 15reps each leg*
- Crunches - 60 sec or 50 reps*
- Supermans – 60 sec or 50 reps*
- Side dips – 30 sec or 25 reps (each side)*
- Slow Bicycles – 60 sec or 40 reps*
- Grass Stains – 60 sec or 60 reps*
- 1 leg hip raises- 15reps each leg*
- Fish On's – 60 sec or 60 reps*
- Side Crunches – 30 sec or 25 reps (each side)*
- Cherry Pickers – 60 sec or 50 reps*
- Bird Dogs – 60 sec or 50 reps*
- Crunches – 60 sec or 50 reps*
- 1 leg hip raises- 15reps each leg*

**Strength/ Stamina/Coordination Workout Details:**

These workouts require more time and energy, but are important to your conditioning maintenance. Pick one or two to do each week, depending on what you can fit in your schedule and what your energy levels are like. Mix up what you do, and make sure you try to even out all three types of workout. Start each workout with a good warm up, and finish with a good stretch.

**Warm-Up:** These workouts should all be preceded by a 15 minute Warm-up (just like we did every day during dryland training). The warm up consists of a ~5 minute jog or spin on the stationary bike and then ~10 minutes of dynamic stretching. Use the ideas below to make sure you are warming up all parts of your body that you will be using. Mix up which exercises you use each time to keep it fun! You can also use these warm-up ideas for your warm-up before on-snow ski practice.

**Dynamic Stretching Warm up Options:**

**Warm up time ~10 min. Choose 12-15 exercises**

**Do each for a distance of ~20 meters**

Walk on your toes  
Walk on your heels  
Speed walk (brisk heel to toe)  
Backward speed walk (toe to heel)  
Jog (slow to medium pace)  
Backward jog  
Knee huggers (Knee to chest, step, switch sides on next step)  
Hurdles forward (high knees to side, step over imaginary hurdle)  
Hurdles backward (same but step over backwards)  
Leg swings (kick leg high forward, backward, and step. Switch. Maintain balance)  
Lunge Walk (land foot heel first, add twist with torso at bottom)  
Side lunge walks (weight over foot that stepped, power up from that leg)  
Reverse lunge walks (weight over front foot, power up from that leg)  
High Knees  
Butt kickers  
Skip and Twist (Sprinters pose, jump and twist)  
High skipping (use arms)  
Backward Skipping (Use Arms)  
Lateral Shuffle (low hips, each side)  
Carioca's (grapevine, keep shoulders square and rotate hips, each side)  
Marching (leg high with control, no swing)  
Low Tuck Walks (Assume Tuck and Stay Low)

**More Dynamic Warm Up Options (Do each with reps and sets noted):**

80% Sprints (10 second sprint, 20 sec rest or walk) x 4  
Full squat (30 sec on, 30 sec rest or stretch) x 2-3  
Push Ups (vary hand widths) 10-15 x 2-3  
¼ turn hops (small hops ¼ turn side to side, bend knees, not just ankles) 20-25 x 2-3  
360s (360 degree spins, land balanced, add land into tuck if want) 10 x 2-3 each side  
Squat Push (squat, drop to push up position and back up) 15-20 x 2-3  
Triple Lunges (Forward, diagonal and sideways, each side) 15-20 x 2-3  
Single leg squat (slow and control to parallel) 10-15 x 2 each leg  
Squat jumps (good explosive and balanced take off and landing) 10-15 x 2-3  
Jump Rope (medium pace steady) 1-2 minutes

**Strength and Explosiveness Workouts: (S&E)**

After warm-up and stretching, spend approximately 25 minutes doing the strengthening exercises we practiced during our dryland training workouts. For every exercise you want to go hard for about a minute (or a set), then rest for 2 - 3 minutes in between. You can alternate reps with another exercise if it is working a different muscle group. Choose 3-5 Lower Body, 2-3 Upper Body, and 1-2 Balance exercises in each workout. Make sure to switch around which exercises you do each workout.

For all unsupervised strength workouts you should not be using weight but do lots of reps... e.g. 3 or 4 sets of 15 reps per workout. BE GOOD ABOUT YOUR TECHNIQUE! Go slow and be diligent!!! We do not want any injuries from strength training improperly.

Here are some suggested exercises for (S & E) sessions (there are lots more). Please contact me for more exercise options or if you have questions on any of the ones listed below.

**Lower body:**

Lunges (walking forward, sideways, backward, jump lunges)  
Squats (with gate/broom stick on shoulders like a bar)

Single leg squats  
Wall sits  
Calf raises  
Tuck routines (hold tuck, quick feet, walking forward, sideways, backward, uphill, downhill, tuck jumps, etc...)  
Stair running/jumping (two and one leg, every step, skip a step, sideways)  
Diagonal drives (explode off outside leg diagonally to other leg)  
Single leg hip raises (foot on chair)  
Broad Jump (swing arms, jump off and land on two feet, keep momentum)  
Sprints  
Box Jumps (lateral, forward/back)  
Giradelli shuffles  
Side lying leg lifts

### **Upper body:**

Push ups (varying hand widths)  
Pullups  
Shoulder flys  
Military press  
Chair dips  
Forward arm lifts  
Arms UP (hold weight: ski boots, ski poles... in front and to side of body)

### **Balance:**

Walk uphill and downhill with eyes closed, feel what's under your feet  
Balance on Bosu ball (on top or bottom, add squats, tucks, jumps, etc)  
Balance on Swiss Ball (sit, kneel, all 4s, stand use a spotter, CAREFUL)  
Balance on one foot, close your eyes (add hops, one leg squats, etc)  
Slack line  
\*all balance exercises -keep gaze looking forward as if you are skiing

### Example Strength S&E Routine- Alternate sets with paired exercises:

*3x15 Back squats (with broom or gate on shoulders)*  
*3x15 Forward arm lifts*

*3x15 each leg – Single leg hip lifts*  
*3x15 Chair dips*

*3x15 Calf raises*  
*3x15 Push Ups*

*3x20 Lateral Box Jumps*  
*Balance on each foot for 1 minute in between box jump sets*

### **Stamina Workouts:**

**Stamina** training will generally consist of a 30-45 minute run. This can also be a 45-minute ride/spin or swim if you have access. Individual stamina varies (and hopefully improves over time) so you need to go at your own pace and try to slowly expand your own stamina by pushing yourself. It is not necessary to be throwing-up at the end of your run, but I do want you to go hard....a 20 minute walk with your grandma doesn't increase your stamina.

### **Coordination and Cross-Training Workouts:**

On cross-training/coordination days, we want you to get a group of friends together to go out and play soccer, or ultimate Frisbee, or go play hockey, or anything you can think of that will get your feet moving, blood pumping, and competitive attitude rolling. You can set up an obstacle course for yourself or a friend, do footwork like we would do on the ladder, or do a human slalom: running around friends or trees in the park. Anything you can think of to work on coordination and footwork. Don't forget your warm up. Be creative and have fun!