

May 1st is the official start of ski training. Typically, April is a month of fun and unstructured outings to recharge the ski soul, both physically and mentally. Starting in May it is time to set some goals and get on track to have a successful summer, fall and winter. Right now, pick out some events to do this summer, for example the XC12K on August 1st to keep you motivated!!

There is massive information out there but a good rule of thumb is to start with three week periodization consisting of Volume, Intensity and Easy weeks. Each week has different hours and training load based on your fitness, time and experience. Bottom line is you have to do strength, intervals and distance; while balancing suffering and recovery to get faster and fitter.

General Guidelines:

May: Start doing your basic strength sessions and some L3 intervals. At a minimum do strength 1 time per week, but try to squeeze in 2 to 3 sessions if possible. The below strength session crosses into all sports. If you are competing in cycling or running during the summer you still should be doing strength. Every month builds off of the previous month to build strength that will eventually be ski specific. From my experience, master skiers that improve the most year to year, are religious about strength sessions and change them throughout the season.

Basic Training Week for May –

Monday – 30 minutes Strength with warm-up and cool-down

Tuesday – 2*3 minutes L3 INT (Running or Biking)

Wednesday – 30 minutes Strength with warm-up and cool-down

Thursday – 1.5-2.0 hours Fartlek – MTB or Running in hills – hammer the uphill if you feel good.

Friday – Off or easy 30-60 minutes

Saturday – Off or easy 60 minutes

Sunday – 1.5-2.0 hrs easy OD

Recommended May Strength Session

Warm-Up: 10 minutes easy jog or Nordic Trac or Jump rope

Core: Hold each exercise for 30-45 seconds

Front Plank

Right Side Plank

Left Side Plank

Abs:

30 - Sit-ups (use weight on chest for resistance if needed)

20 - Back Extensions

20 - Side Crunches

20 - Kayakers

**Repeat Circuit 2-3 times

Legs:

2*15 - Leg Extensions

2*15 - Hamstring Curl

2*12 – Weighted Lunges

Upperbody:

2*max – Pull-ups (try to work up to 8)

2*20 – Push-ups (use stretch cord for resistance if needed)

2*15 – Bicep Curls

2*20 – Tricep Press

2*20 – Dips (Free hanging or Bench)

Cool-down: 5 minutes bike spinning or Nordic Trac followed by stretching hip-flexors, hamstrings, quads and upper-body.