

## getting & staying **FIT**

# Maintaining ski conditioning year round

*Stretch slowly and never do any exercise that causes pain.*

by Gene Fulkerson

It's never too late to get in shape for the slopes... you never know when you will get the opportunity to ski. Better yet, here's some exercises you can do to STAY in shape.

The key areas of physical fitness that will pay dividends on the slopes are:

- Flexibility
- Aerobic Exercises
- Anaerobic Endurance
- Strength and Power

### Flexibility

Whether you do it before a workout or the day you hit the slopes, taking time to work on your flexibility is important if you want to stay injury free.

One of the best options for flexibility is yoga. Dynamic warm-ups before workouts/skiing and stretching after workouts/skiing are crucial.

Don't use the slopes to get in shape, get in shape to use the slopes.

#### Examples—Flexibility

- Bikram Yoga Warm-Up
- High knee walk/skip/run
- Straight-leg walk/skip/deadlift walk
- Backward run
- Backward/forward lunge walks
- Hamstring stretch
- Lateral lunge
- Mountain Climbers
- Jumping jack/seal jack/ski jack

### Aerobic Exercises

Aerobic endurance allows you to sustain physical performance for sustained periods of time by maximizing your body's ability to consume and distribute oxygen to your muscles efficiently.

#### Examples—Aerobic

Performing any of these exercises for

30-60 minutes, 3-5 times per week will do a lot for your aerobic base.

- Running
- Cycling
- Hiking
- Swimming
- Jumping

### Anaerobic Endurance

Anaerobic endurance is your muscles' ability to function in the absence of oxygen. In anaerobic metabolism, lactic acid builds up in your muscles. This mechanism causes that "burning" sensation you get in your thighs mid run.

Anaerobic exercises improve your body's ability to process the build up of lactic acid, allowing you to send it for longer and harder.

Many anaerobic workouts involve High Intensity Interval Training (HIIT), with periods of intense effort followed by rest periods and then by intense efforts again for a number of repetitions.

#### Examples—Anaerobic

One example of an anaerobic workout is Fartlek training, which is Swedish for speed play training.

Fartlek training "is simply defined mixed periods of fast and slow exercise."

- 1 minute of burpees
- 30 seconds of easy jog

### Burpee

The burpee is a full body exercise used in strength training and as an aerobic exercise. The basic movement is performed in four steps and known as a "four-count burpee":

- Begin in a standing position.
- Drop into a squat position with your hands on the ground.
- Kick your feet back, while keeping your arms extended, then do a push up.
- Immediately return your feet to the squat position.
- Jump up from the squat position

- 2 minutes of burpees
- 1 minute of easy jog
- 3 minutes of burpees
- 1.5 minutes easy jog

### Strength and Power

Strength workouts improve your ability to bust crud and keep your skis pointed the direction you want in the thickest and dampest of snow.

#### Examples—Strength and Power

- Squats
- Box jumps
- Lateral Side Jumps
- Medicine ball throws
- Planks ■

