

SKI

Get Fit to Rip: Your Pre-Season Boot Camp

This ski-specific training plan designed by former U.S. Ski Team strength and conditioning coach, Chris Miller, includes a full week's worth of workouts. Scan this QR code to tune into the online videos to get virtual coaching from Chris. Or, use this cheat sheet to get fit anywhere, anytime.



Before You Begin: Pre + Post Test

Warm Up	5-10 minutes of easy cardio (jumping rope, jogging, biking, etc.)
Equipment	None
Quadruped Series 6x each side	Cat-Cow Shoulder CAR T-Spine Rotation Fire Hydrant Hip Circle Judo Push-Up Scorpion Eagle
Lunge Series 2x each side	Walking Lunge to World's Greatest Stretch Reverse Lunge with Reach + Rotation Lateral Spiderman
Dynamic Series 6x each side	3-Step + Squat 3-Step + Pop Lateral Hop to Vertical Jump
The Test	
Equipment	Plyometric Box
Gambetta Leg Circuit 3x with 90 sec. between sets.	Complete as quickly as possible + record your time for each circuit. Then average the three times to compare it to your average time in the post test. 20x Bodyweight Squat 20x Alternating Lunge 20x Alternating Step-Up 20x Squat Jump
Cool Down	10 minutes of easy cardio

Day 1: Power Endurance

Warm Up	5-10 minutes of easy cardio (jumping rope, jogging, biking, etc.)
Equipment	None
Quadruped Series 6x each side	Cat-Cow Shoulder CAR T-Spine Rotation Fire Hydrant Hip Circle Judo Push-Up Scorpion Eagle
Lunge Series 2x each side	Walking Lunge to World's Greatest Stretch Reverse Lunge with Reach + Rotation Lateral Spiderman
Dynamic Series 6x each side	3-Step + Squat 3-Step + Pop Lateral Hop to Vertical Jump
Power Circuit	
Equipment	Sandbag, plate, med ball, or other weight
Sandbag Series 4 sets with no rest between exercises + 45 sec. between sets	10x Romanian Deadlift (RDL) 6x Hay Baler each side 6x Skater Hop each side 10x Squat to Press
Trunk Strength	
Equipment	Resistance band anchored to a sturdy object, a lightweight plate or other load
Anti-Movement 3 sets with 45-60 sec. rest between sets	20x Deadbug 10x Split-Stance Palloff Press each side 20x High Plank w/ Pull-Through 20x Supine Leg Lift + Hold

Day 2: Aerobic Day

Warm Up	None
Equipment	2x Walking Lunge to World's Greatest Stretch each side 5 meters Backwards Over the Gate 4x Extended Walk-Out 15 meters Reverse Lunge with Reach + Rotate 5x L-Over each side 10x Donkey Kick each leg 10x Toe Touch 10x Back Hyper 2x Lateral Lunge each way 2x Under the Gate each way 5x Low Lateral Walk each way 2x Backstep Lunge each way 5x Push-Up to Side Plank each side 2x Log Roll to V-Sit each way 5x Spiderman Push-Up each side 10x Shoulder Tap
Cardio	
Pick one	60 minutes Hike Walk Bike or 30 minutes Jog/Run
Hip Mobility	
Equipment	None
Internal + External Hip Rotation	10 minutes of 90-90 Hip Progressions

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Day 3: Strength Day

Warm Up 5-10 minutes of easy cardio (jumping rope, jogging, biking, etc.)

Equipment None

Quadruped Series 6x each side
Cat-Cow
Shoulder CAR
T-Spine Rotation
Fire Hydrant
Hip Circle
Judo Push-Up
Scorpion
Eagle

Strength

Equipment Heavy weight + light weight
4x sets of 1.5 Squats, 6 reps each with 60 sec. between sets
4x sets of Drop Catch Lunge, 30 reps with 45 sec. between sets

Trunk Strength

Equipment Playing Cards
Deck of Doom 26 cards
Spades: Russian Twist (x2)
Diamonds: Leg Lift
Clubs: Back Hyper
Hearts: Suitcase

Day 4: Aerobic Day

Warm Up 5-10 minutes of easy cardio (jumping rope, jogging, biking, etc.)

Equipment None

Quadruped Series 6x each side
Cat-Cow
Shoulder CAR
T-Spine Rotation
Fire Hydrant
Hip Circle
Judo Push-Up
Scorpion
Eagle

Cardio

Low/No Impact 40 minutes
Pick one
Hike
Walk
Bike

Hip Mobility

Equipment None
Hip Extension Flow Scorpion from Pike Plank
3x reps each for 2 minutes with 60 sec. between sets; repeat for a total of 4 sets
Judo Push-Up
Side Kick-Through
Bear Hold to Crab Reach

Day 5: Strength Endurance Day

Warm Up 5-10 minutes of easy cardio (jumping rope, jogging, biking, etc.)

Equipment None
Quadruped Series 6x each side
Cat-Cow
Shoulder CAR
T-Spine Rotation
Fire Hydrant
Hip Circle
Judo Push-Up
Scorpion
Eagle

Strength Endurance Circuit

Equipment Plate, sandbag, or other weight (or bodyweight)
3-D Leg Circuit 12x Alternating Reverse Lunge
3x sets with no rest between exercises + 2 minutes between sets
6x Lateral Lunge each side
12x Alternating Curtsy Lunge
12x Speed Squat
Push-Up, as many as possible

Trunk Strength

Equipment Weight Bench or Chair
Pillar Prep 1 30 sec. High Bird Dog
3x sets with no rest between exercises, 30 sec. between sets
20 sec. Adductor Bridge each side
30 sec. Supine Long Bridge

Day 6: Aerobic Day

Cardio

Low/No Impact 120 minutes
Pick one
Hike
Walk
Bike

Hip Mobility

Equipment None
Quadruped Rocking Narrow Rock
Wide Rock
Wide Rock + Reach
Wide Rock + Rotate
1 Leg Out Rock
1 Leg Out + Hold
1 Leg Out + Hold + Reach

Day 7: REST