



# Fitness tips to keep you skiing this winter

**Skiing** is an intensive activity. For the majority of people, it is an activity they participate in only once a year.

A successful skiing trip involves making it from the top of the hill to the bottom without injury – and then having the stamina to do it all over again for hours at a time!

In order to enjoy this physical experience it is essential to prepare. Training prior to the holiday will enable the body to cope with the demands about to be placed upon it. The body needs time to adapt to those physical demands. Put simply, if you are generally unfit and have weak muscles, your time on the slopes will be limited due to fatigue. Preparing your body will also lessen your chance of an injury.

Ski fitness comprises of several elements:

- Cardiovascular fitness
- Leg strength
- Core strength
- Balance
- Agility

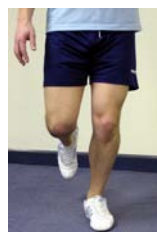
**Cardiovascular fitness:** This is the ability of your heart and lungs to cope with the demands of intense, repeated and prolonged

exercise. Skipping and roller blading are fine as are cycling, running and rowing. These exercises should be performed for approx 30 mins, three times per week.

## Leg strength:

The muscles at the front of your thigh (the quadriceps) are the main muscles used during skiing.

Training involves challenging those muscles to lift weight or control body weight for a progressive number of repetitions over time.



This will also help your endurance.

**Core strength:** A strong core (trunk) improves your general stability thus allowing other muscles to work more efficiently.



These exercises involve activating your lower abdominal muscles to support your lower back and can be done in various positions. Abs sets should be held for approx 30 secs and repeated (x3)

**Balance:** Having good control of your body and limbs will help to minimise the risk of falling.



**Agility:** This will help you to adapt to swift changes in direction. e.g. Controlled hopping, grapevine exercises.



Performing these exercises before your holiday should help enhance your skiing experience and ability to progress your skiing skills.