

Training for Interschools Competitions

Divisions

General advice

- Group training is more fun than training by yourself
- Any aerobic activity is beneficial, the more ski specific the better
- Do some activities for the upper body, eg swim, row,
- Take part in any activities that promote agility, balance, coordination and speed (ABCs).
- Watch ski videos to get a picture of techniques in your head
- Develop FUNdamentals before race
- Practice balancing on one leg

General advice

- · Take lessons from qualified instructors
- Spend more time skiing than standing around
- Skills first, fitness second Recommended days on snow before Interschools
- Minimum 2-3 days
- Beginner: 4-8 days
- Intermediate 8-15 days
- Advanced: 15 days +
- Pre-ski the course the day before the event but make sure you don't over exert yourself



Club Races

Joey Hoppet

Snowy Mountains Classic 2.5 or 7.5



Ski specific activities

 Introduction to ski walking (see ski walk/striding progression)

Per week activities:

- 1-2 aerobic sessions, 20-30 min: run, swim or cycle
- Other sports that promote agility & balance
- 1 basic body weight strength circuit (see strength advice)

Advanced:

- Rollerskiing activities that focus on ABCs
- Technique work should focus on balance and weight transfer

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On-snow activities

- Games and activities that focus on
- Ski without poles for minimum 10-15 min each session
- Learn basic downhill skills
- Learn basic classic/skating
- Learn to step in and out of tracks

Advanced:

- Double pole starts
- Relay change overs
- Short sprints 10-20 metres

Mini-Series

Paddy Pallin Junior

Schools Snowsports XC Classic

Amelia Time Trial

Ski specific activities

- Ski walking & striding over 10-50
- Add hops/jumps to strength Per week activities:
- 2-3 aerobic sessions, 30-45 min: run, swim or cycle
- 2-3 other sports
- 1-2 body weight strength
- Flexibility training

Advanced:

- Rollerskiing/blading including games to promote ABCs
- Technique work should focus on weight transfer and timing

On-snow activities

- Games and activities that focus on ABCs.
- Ski without poles for minimum 15-20 min each session
- Skiing on varied terrain including terrain parks.
- Timing drills for all classic/freestyle
- Short sprints 5 15 sec

Advanced:

- Ski 5 10 days in winter
- Mass start practice
- Cornering in a group



Mini-Series Junior Sprint X Paddy Pallin Junior **Amelia Time Trial KCros Junior Tour** Vic Junior Champs NSW/ACT Junior Championship



Division

• Ski striding & bounding over 10 - 50

• Add activities that incorporate use

of arms & legs together to strength

• 3-4 aerobic sessions 30-60 min: run,

swim, cycle, rollerski/blade

• 1-2 body weight strength

Ski specific activities

metres, 5-30 sec

Per week activities:

• 2-3 other sports

Flexibility training

On-snow activities

- Increasing speeds on downhills
- Games that encourage rapid changes of direction and speed
- Even time spent on classic/freestyle techniques
- Timing of different techniques over different terrains
- Short sprints on varied terrain, 5-20 secs, 60-90 sec rest between

Advanced:

- Ski 10-12 days in winter
- Technique changes e.g double pole to striding
- Time trials 1 2km

Mini-Series Junior Sprint X Paddy Pallin Junior **Amelia Time Trial KCros Junior Tour Vic Junior Champs NSW/ACT Champs AUS Junior Champs**

Division

Advanced:

- Rollerskiing including games to promote ABCs.
- Technique work focused on timing

Ski specific activities

- Ski striding & bounding 10-70 meters, 5-60 sec
- Strength: single leg activities & coordination of upper/lower body

Per week activities:

- 3-4 aerobic sessions, 30-75 min: run, cycle, rollerski, pole walk
- 1-2 other sports
- 1-2 strength, including plyometric & some weight bearing exercises

Advanced:

- Rollerskiing longer sessions with full technique
- Speed work on roller skis

On-snow activities

- Longer low intensity ski sessions including back country skiing
- Even time spent classic/freestyle
- Interval training 1 3 mins race

Advanced:

- Ski 12-15 days in winter
- Changing technique for changing
- Interval training using different
- Contact a qualified coach for a personalised training program



Junior Sprint X Sprint X Paddy Pallin Junior **Amelia Time Trial Vic Junior Champs NSW/ACT Champs AUS Junior Champs** Rollerski Races

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Division

Ski specific activities

- Ski bounding over 10-80 metres, 5 -75 sec
- Plyometric training: skate jumps, single leg jumps, box jumps

Per week activities:

- 3-4 aerobic sessions, 30-90 min: run, cycle, rollerski, pole walk
- 1-2 other sports
- 1-2 strength, introducing machine weights & correct lifting techniques

Advanced:

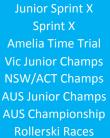
- Rollerski mix of high intensity and long slow aerobic sessions
- High speed agility and cornering

On-snow activities

- Maintain quality technique during low and high intensity skiing
- Interval sessions in both classic & freestyle, 2-4mins race pace
- Time trials 1-2.5km
- Drills that promote effective weight transfer & power poling
- Practice pre-race warm up

Advanced:

- Ski 15+ days in winter
- Race tactics for mass start and sprint events
- Interval training at different intensity levels





Division

