

Training for Interschools Competitions

Dryland Training

On-snow Training

Competitions

All 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 techniques
- 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

State & National Interschools
Club Races
Joey Hoppet
Snowy Mountains Classic 2.5 or 7.5

Division 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

On-snow activities

- Games and activities that focus on ABCs.
 - Ski without poles for minimum 10-15 min each session
 - Learn basic downhill skills
 - Learn basic classic/skating techniques
 - 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

Division 4

Ski specific activities

- Ski walking & striding over 10-50 metres
 - 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 techniques.
 - 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

Dryland Training

On-snow Training

Competitions

Division 3

Ski specific activities

- Ski striding & bounding over 10 - 50 metres, 5-30 sec
- Add activities that incorporate use of arms & legs together to strength

Per week activities:

- 3-4 aerobic sessions 30-60 min: run, swim, cycle, rollerski/blade
- 2-3 other sports
- 1-2 body weight strength
- Flexibility training

Advanced:

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

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 2

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 techniques
- Interval training 1 – 3 mins race pace

Advanced:

- Ski 12-15 days in winter
- Changing technique for changing terrain
- Interval training using different techniques
- 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

Division 1

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

Junior Sprint X
Sprint X
Amelia Time Trial
Vic Junior Champs
NSW/ACT Champs
AUS Junior Champs
AUS Championship
Rollerski Races