

15-Week Ski Season Prep Training Program (2025/2026)

Block 1: Foundation

PURPOSE:

Think of this block as your pre-season tune-up — restoring mobility, sharpening movement quality, and building the solid foundation your body needs. By prepping your joints and tendons now, you'll be ready to tackle the strength and power phases ahead with confidence

Format:

3 Workouts/Week
2 Total Body Workouts
1 Conditioning Workout

Day 1:

Day 2:

Day 3:

Mobility

Exercise	Week1	Week2	Week3
90/90 Holds	2x15" L/R	2x15" L/R	2x15" L/R
Open Books	10 L/R	10 L/R	10 L/R

Activation

Exercise	Week1	Week2	Week3
Rest: 15-30seconds	Time/Reps	Time/Reps	Time/Reps
Clamshells	Set 1 20"-30"	30"-45"	45"-60"
Miniband At Knees	Set 2 20"-30"	30"-45"	45"-60"
Hip Abduction	Set 1 20"-30"	30"-45"	45"-60"
Miniband At Knees	Set 2 20"-30"	30"-45"	45"-60"
Bridges	Set 1 8-10	10-12	12-15
Miniband At Knees	Set 2 8-10	10-12	12-15
Shoulder ER	Set 1 8-10	10-12	12-15
Resistance Band	Set 2 8-10	10-12	12-15

Primary

Superset 1	Week1	Week2	Week3			
Rest: 60-90seconds	Reps	RPE	Reps	RPE	Reps	RPE
Goblet Squat	Set 1 8-10	4-6	10-12	4-6	12-15	4-6
DB or KB	Set 2 8-10	4-6	10-12	4-6	12-15	4-6
	Set 3 8-10	4-6	10-12	4-6	12-15	4-6
Bench Press	Set 1 8-10	4-6	10-12	4-6	12-15	4-6
Dumbbell	Set 2 8-10	4-6	10-12	4-6	12-15	4-6
	Set 3 8-10	4-6	10-12	4-6	12-15	4-6
Row	Set 1 8-10	4-6	10-12	4-6	12-15	4-6
Cable Row	Set 2 8-10	4-6	10-12	4-6	12-15	4-6
	Set 3 8-10	4-6	10-12	4-6	12-15	4-6

Secondary

Superset 2	Week1	Week2	Week3
Rest: 60-90seconds	Time	Time	Time
Wall Sits	Set 1 20"-30"	30"-45"	45"-60"
As close to 90° as possible	Set 2 20"-30"	30"-45"	45"-60"
	Set 3 20"-30"	30"-45"	45"-60"
Push Up Holds	Set 1 10"-15"	15"-20"	20"-30"
Hold as low to ground as possible	Set 2 10"-15"	15"-20"	20"-30"
	Set 3 10"-15"	15"-20"	20"-30"
Dead Hang	Set 1 20"-30"	30"-45"	45"-60"
Retract Shoulder blades	Set 2 20"-30"	30"-45"	45"-60"
	Set 3 20"-30"	30"-45"	45"-60"

Core

Superset 3	Week1	Week2	Week3
Rest: 30-60seconds	Time	Time	Time
Front Plank	Set 1 20"-30"	30"-45"	45"-60"
Feet or Knees	Set 2 20"-30"	30"-45"	45"-60"
Side Plank	Set 1 20"-30"	30"-45"	45"-60"
Each Side (Feet or Knees)	Set 2 20"-30"	30"-45"	45"-60"

Mobility

Exercise	Week1	Week2	Week3
90/90 Rotations	10 L/R	10 L/R	10 L/R
Worlds Greatest Stretch	10 L/R	10 L/R	10 L/R

Activation

Exercise	Week1	Week2	Week3
Rest: 15-30seconds	Time/Reps	Time/Reps	Time/Reps
Clamshells	Set 1 20"-30"	30"-45"	45"-60"
Miniband At Knees	Set 2 20"-30"	30"-45"	45"-60"
Hip Abduction	Set 1 20"-30"	30"-45"	45"-60"
Miniband At Knees	Set 2 20"-30"	30"-45"	45"-60"
Bridges	Set 1 8-10	10-12	12-15
Miniband At Knees	Set 2 8-10	10-12	12-15
Serratus Slides	Set 1 8-10	10-12	12-15
Resistance Band @ Wrists	Set 2 8-10	10-12	12-15

Primary

Superset 1	Week1	Week2	Week3			
Rest: 60-90seconds	Reps	RPE	Reps	RPE	Reps	RPE
Deadlift	Set 1 8-10	4-6	10-12	4-6	12-15	4-6
DB or KB	Set 2 8-10	4-6	10-12	4-6	12-15	4-6
	Set 3 8-10	4-6	10-12	4-6	12-15	4-6
Push Ups	Set 1 8-10	4-6	10-12	4-6	12-15	4-6
BW or Weighted	Set 2 8-10	4-6	10-12	4-6	12-15	4-6
	Set 3 8-10	4-6	10-12	4-6	12-15	4-6
Pull Downs	Set 1 8-10	4-6	10-12	4-6	12-15	4-6
Lat Pull Downs	Set 2 8-10	4-6	10-12	4-6	12-15	4-6
	Set 3 8-10	4-6	10-12	4-6	12-15	4-6

Secondary

Superset 2	Week1	Week2	Week3			
Rest: 60-90seconds	Reps	RPE	Reps	RPE	Reps	RPE
Bridges	Set 1 8-10	4-6	10-12	4-6	12-15	4-6
Feet up on Swiss Ball	Set 2 8-10	4-6	10-12	4-6	12-15	4-6
	Set 3 8-10	4-6	10-12	4-6	12-15	4-6
Waiter's Carry	Set 1 8-10	4-6	10-12	4-6	12-15	4-6
KB or DB 1rep = 1step	Set 2 8-10	4-6	10-12	4-6	12-15	4-6
	Set 3 8-10	4-6	10-12	4-6	12-15	4-6
3-Pos Chin Up	Set 1 2-3	6	3-4	6	4-5	6
3" Holds at top, 90° and shy of full extension	Set 2 2-3	6	3-4	6	4-5	6
	Set 3 2-3	6	3-4	6	4-5	6

Core

Superset 3	Week1	Week2	Week3			
Rest: 30-60seconds	Reps	RPE	Reps	RPE	Reps	RPE
Deadbugs	Set 1 8-10	4-6	10-12	4-6	12-15	4-6
Keep Lower back on Floor	Set 2 8-10	4-6	10-12	4-6	12-15	4-6
Pallof Press	Set 1 8-10	4-6	10-12	4-6	12-15	4-6
Feet shoulder width	Set 2 8-10	4-6	10-12	4-6	12-15	4-6

Option 1

Week1	Week2	Week3
Time	Time	Time
20m	20m	20m

Option 2

Week1	Week2	Week3
Time	Time	Time
20m	20m	20m

Option 3

Week1	Week2	Week3
Time	Time	Time
20m	20m	20m

Option 4

Week1	Week2	Week3
Time	Time	Time
20m	20m	20m

*Pick 2 Options From Above and complete the 20minutes of Each

Recovery

Foam Rolling	Stretching
Glutes	Piriformis Stretch
Quads	1/2 Kneeling Hip Flexor Stretch
Hamstrings	Seated Hamstring Stretch
Thoracic Spine	Cobra
IT Band	Childs Pose
Calves	Runners Stretch
Lats	Lat Stretch
Adductors	Doorway Pec Stretch

Perform a few recovery exercises at the end of each session
Utilize as Needed



15-Week Ski Season Prep Training Program (2025/2026)

Block 2: General Preparation

PURPOSE:

With mobility and movement patterns established in the Foundation phase, this block shifts focus to building balanced strength, muscular endurance, and overall conditioning. We'll introduce heavier lifts, unilateral stability work, core, and cardiovascular system for the more intense hypertrophy and power phases ahead. The goal is to establish a strong, durable base while improving stamina for long days on the mountain.

Format:

5 Workouts/Week
3 Total Body Workouts
2 Conditioning Workouts

Day 1:							Day 3:							Day 5:							Days 2 and 4:											
Mobility							Mobility							Mobility							Warm Up											
Exercise		Week1	Week2	Week 3			Exercise		Week1	Week2	Week 3			Exercise		Week1	Week2	Week 3			Exercise		Week1	Week2	Week 3							
Worlds Greatest Stretch		10 L/R	10 L/R	10 L/R			Worlds Greatest Stretch		10 L/R	10 L/R	10 L/R			Worlds Greatest Stretch		10 L/R	10 L/R	10 L/R			Bike or Treadmill Walk/Jog		Time	RPE	Reps	RPE	Reps	RPE				
Pillar							Pillar							Pillar							Intervals											
Exercise		Week1	Week2	Week 3			Exercise		Week1	Week2	Week 3			Exercise		Week1	Week2	Week 3			Exercise		Week1	Week2	Week 3							
Rest: 15-30seconds		Reps	Reps	Reps			Rest: 15-30seconds		Reps	Reps	Reps			Rest: 15-30seconds		Reps	Reps	Reps			Intensity: 70-80%		Time	Rest	Time	Rest	Time	Rest				
Clamshells		Set 1	8-10	10-12	12-15			Dynamic Clam		Set 1	6-8	8-10	10-12			Standing Clam		Set 1	6-8	8-10	10-12			Treadmill Intervals		Int 1	20"	60"	30"	90"	30"	90"
Miniband At Knees		Set 2	8-10	10-12	12-15			Miniband At Knees		Set 2	6-8	8-10	10-12			Miniband At Knees		Set 2	6-8	8-10	10-12			Int 2		20"	60"	30"	90"	30"	90"	
Hip Abduction		Set 1	8-10	10-12	12-15			Crab Walk		Set 1	6-8	8-10	10-12			Miniband At Knees		Set 2	6-8	8-10	10-12			Int 3		20"	60"	30"	90"	30"	90"	
Miniband At Knees		Set 2	8-10	10-12	12-15			Miniband At Knees		Set 2	6-8	8-10	10-12			Lat/Curt Lunge		Set 1	6-8	8-10	10-12			Int 4		20"	60"	20"	60"	30"	90"	
SL Bridge		Set 1	6-8	8-10	10-12			Frw/Rvs Lunge		Set 1	6-8	8-10	10-12			Miniband At Knees		Set 2	6-8	8-10	10-12			Int 5		20"	60"	20"	60"	30"	90"	
Miniband At Knees		Set 2	6-8	8-10	10-12			Miniband At Knees		Set 2	6-8	8-10	10-12			Standing Y		Set 1	8-10	10-12	12-15			Recovery								
Shoulder ER		Set 1	8-10	10-12	12-15			Band Pull Aparts		Set 1	8-10	10-12	12-15			Resistance Band		Set 2	8-10	10-12	12-15			Foam Rolling		Stretchies						
Resistance Band		Set 2	8-10	10-12	12-15			Resistance Band		Set 2	8-10	10-12	12-15			Superset 1		Week1	Week2	Week 3			Quads		1/2 Kneeling Hip Flexor							
Primary							Primary							Primary							Secondary											
Superset 1		Week1	Week2	Week 3			Superset 1		Week1	Week2	Week 3			Superset 1		Week1	Week2	Week 3			Superset 2		Week1	Week2	Week 3							
Rest: 60-90seconds		Reps	RPE	Reps	RPE	Reps	RPE	Rest: 60-90seconds		Reps	RPE	Reps	RPE	Reps	RPE	Reps	RPE	Rest: 60-90seconds		Reps	RPE	Reps	RPE	Reps	RPE							
Front Squat		Set 1	8-10	5-7	10-12	5-7	12-15	5-7	Deadlift		Set 1	8-10	5-7	10-12	5-7	12-15	5-7	RFE Split Squat		Set 1	8-10	5-7	10-12	5-7	12-15	5-7						
Barbell		Set 2	8-10	5-7	10-12	5-7	12-15	5-7	Barbell		Set 2	8-10	5-7	10-12	5-7	12-15	5-7	DB or KB		Set 2	8-10	5-7	10-12	5-7	12-15	5-7						
Barbell		Set 3	8-10	5-7	10-12	5-7	12-15	5-7	Pull Ups		Set 1	8-10	5-7	10-12	5-7	12-15	5-7	Shoulder Press		Set 1	8-10	5-7	10-12	5-7	12-15	5-7						
2-Way Shoulder Flies		Set 1	8-10	5-7	10-12	5-7	12-15	5-7	Pull Ups		Set 2	10	5-7	12	5-7	15	5-7	2-Arm		Set 2	10	5-7	12	5-7	15	5-7						
DB		Set 2	10	5-7	12	5-7	15	5-7	Pull Ups		Set 3	10	5-7	12	5-7	15	5-7	2-Arm		Set 3	10	5-7	12	5-7	15	5-7						
DB		Set 3	10	5-7	12	5-7	15	5-7	Pull Ups		Set 3	10	5-7	12	5-7	15	5-7	2-Arm		Set 3	10	5-7	12	5-7	15	5-7						
Secondary							Secondary							Secondary							Core											
Superset 2		Week1	Week2	Week 3			Superset 2		Week1	Week2	Week 3			Superset 2		Week1	Week2	Week 3			Superset 3		Week1	Week2	Week 3							
Rest: 60-90seconds		Reps	RPE	Reps	RPE	Reps	RPE	Rest: 60-90seconds		Reps	RPE	Reps	RPE	Reps	RPE	Reps	RPE	Rest: 60-90seconds		Reps	RPE	Reps	RPE	Reps	RPE							
Bench Press		Set 1	8-10	5-7	10-12	5-7	12-15	5-7	HS Ball Curl		Set 1	8-10	5-7	10-12	5-7	12-15	5-7	SL RDL		Set 1	8-10	5-7	10-12	5-7	12-15	5-7						
Bench Press		Set 2	8-10	5-7	10-12	5-7	12-15	5-7	Feet up on Swiss Ball		Set 2	8-10	5-7	10-12	5-7	12-15	5-7	DB or KB		Set 2	8-10	5-7	10-12	5-7	12-15	5-7						
Bench Press		Set 3	8-10	5-7	10-12	5-7	12-15	5-7	Feet up on Swiss Ball		Set 3	8-10	5-7	10-12	5-7	12-15	5-7	DB or KB		Set 3	8-10	5-7	10-12	5-7	12-15	5-7						
Lateral Lunge		Set 1	8-10	5-7	10-12	5-7	12-15	5-7	Row		Set 1	8-10	5-7	10-12	5-7	12-15	5-7	DB SA Row		Set 1	8-10	5-7	10-12	5-7	12-15	5-7						
Lateral Lunge		Set 2	8-10	5-7	10-12	5-7	12-15	5-7	Cable		Set 2	8-10	5-7	10-12	5-7	12-15	5-7	KB or DB		Set 2	8-10	5-7	10-12	5-7	12-15	5-7						
Lateral Lunge		Set 3	8-10	5-7	10-12	5-7	12-15	5-7	Cable		Set 3	8-10	5-7	10-12	5-7	12-15	5-7	KB or DB		Set 3	8-10	5-7	10-12	5-7	12-15	5-7						
Core							Core							Core							Conditioning											
Superset 3		Week1	Week2	Week 3			Superset 3		Week1	Week2	Week 3			Superset 3		Week1	Week2	Week 3			Superset 3		Week1	Week2	Week 3							
Rest: 15-30seconds		Reps	Reps	Reps			Rest: 15-30seconds		Reps	Reps	Reps			Rest: 15-30seconds		Time/Reps	Time/Reps	Time/Reps			Rest: 15-30seconds		Time/Reps	Time/Reps	Time/Reps							
Bird Dog		Set 1	8-10	10-12	12-15			Deadbugs		Set 1	8-10	10-12	12-15			Hollow Body Hold		Set 1	10"-20"	15"-30"	30"-60"			Lifts		Set 1	8-10	10-12	12-15			
Bird Dog		Set 2	8-10	10-12	12-15			Keep Lower back on Floor		Set 2	8-10	10-12	12-15			Hollow Body Hold		Set 2	10"-20"	15"-30"	30"-60"			Lifts		Set 2	8-10	10-12	12-15			
Russian Twist		Set 1	8-10	10-12	12-15			Chops		Set 1	8-10	10-12	12-15			Lifts		Set 1	8-10	10-12	12-15			**Perform a few recovery exercises at the end of each session**								
Russian Twist		Set 2	8-10	10-12	12-15			Chops		Set 2	8-10	10-12	12-15			Lifts		Set 2	8-10	10-12	12-15			*Utilize as Needed*								



15-Week Ski Season Prep Training Program (2025/2026)

Block 3: Hypertrophy and Strength

PURPOSE:

The Hypertrophy & Strength block focuses on increasing muscle endurance, size, and overall force production to support the demands of skiing. Through controlled tempo lifts, increased volume, and progressive overload, this phase builds durable legs, a strong core, and a resilient upper body. The goal is to create a solid strength foundation and improve the body's capacity to absorb and generate force during intense turns, jumps, and long ski days.

Format:

3 Workouts/Week with Conditioning

Day 1:

Day 2:

Day 3:

Pillar				
Exercise		Week1	Week2	Week3
Rest: 15-30seconds		Reps	Reps	Reps
Band Walks (Knees)	Set 1	8-10	10-12	12-15
*Each Way (1step = 1 rep)	Set 2	8-10	10-12	12-15
Pogo Jumps (FRW/BCK)	Set 1	8-10	10-12	12-15
Forward/Backward = 1	Set 2	8-10	10-12	12-15
Pogo Jumps (Lat)	Set 1	6-8	8-10	10-12
Over and Back = 1	Set 2	6-8	8-10	10-12
Worlds Greatest Stretch	Set 1	8-10	10-12	12-15
*Each Side	Set 2	8-10	10-12	12-15

Pillar				
Exercise		Week1	Week2	Week3
Rest: 15-30seconds		Reps	Reps	Reps
Jump Rope	Set 1	8-10	10-12	12-15
	Set 2	8-10	10-12	12-15
Shoulder ER	Set 1	8-10	10-12	12-15
*Each Side	Set 2	8-10	10-12	12-15
Plank w/Shldr Tap	Set 1	6-8	8-10	10-12
*Each Side	Set 2	6-8	8-10	10-12
Serratus Slides	Set 1	8-10	10-12	12-15
	Set 2	8-10	10-12	12-15

Pillar				
Exercise		Week1	Week2	Week3
Rest: 15-30seconds		Reps	Reps	Reps
Lateral/Curtsey Lunge	Set 1	6-8	8-10	10-12
*Each Side	Set 2	6-8	8-10	10-12
MTN Climbers	Set 1	8-10	10-12	12-15
*Each Side (Slow)	Set 2	8-10	10-12	12-15
Skater Jumps	Set 1	6-8	8-10	10-12
*Each Side	Set 2	6-8	8-10	10-12
High Plank Rotations	Set 1	6-8	8-10	10-12
*Each Side	Set 2	6-8	8-10	10-12



Day 1 and 3: Conditioning

Primary							
Exercises		Week1	Week2	Week3			
Rest: 90-120seconds		Reps	RPE	Reps	RPE	Reps	RPE
Back Squat	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
Tempo 3:0:1:0	Set 3	8-12	6-7	8-12	6-8	8-12	7-8
	Set 4	8-12	6-7	8-12	6-8	8-12	7-8
Deadlift	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
Barbell or Trap Bar	Set 3	8-12	6-7	8-12	6-8	8-12	7-8
	Set 4	8-12	6-7	8-12	6-8	8-12	7-8

Primary							
Exercises		Week1	Week2	Week3			
Rest: 90-120seconds		Reps	RPE	Reps	RPE	Reps	RPE
Bench	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
Barbell	Set 3	8-12	6-7	8-12	6-8	8-12	7-8
	Set 4	8-12	6-7	8-12	6-8	8-12	7-8
Cable Row	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
Tempo 3:0:1:0	Set 3	8-12	6-7	8-12	6-8	8-12	7-8
	Set 4	8-12	6-7	8-12	6-8	8-12	7-8

Primary							
Exercises		Week1	Week2	Week3			
Rest: 90-120seconds		Reps	RPE	Reps	RPE	Reps	RPE
RFE Split Squat	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
Barbell	Set 3	8-12	6-7	8-12	6-8	8-12	7-8
	Set 4	8-12	6-7	8-12	6-8	8-12	7-8
Gorilla Row	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
DB or KB	Set 3	8-12	6-7	8-12	6-8	8-12	7-8
	Set 4	8-12	6-7	8-12	6-8	8-12	7-8

Intervals						
Exercise		Week1	Week2	Week3		
Intensity: 60-70%		Time	Rest	Time	Rest	Time
Treadmill Intervals	Int 1	20"	60"	30"	90"	30"
	Int 2	20"	60"	30"	90"	30"
	Int 3	20"	60"	30"	90"	30"
	Int 4	20"	60"	20"	60"	30"

Day 2: Conditioning

Secondary							
Exercises		Week1	Week2	Week3			
Rest: 90-120seconds		Reps	RPE	Reps	RPE	Reps	RPE
Knee Extension	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
	Set 3	8-12	6-7	8-12	6-8	8-12	7-8
Hamstring Curls	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
	Set 3	8-12	6-7	8-12	6-8	8-12	7-8

Secondary							
Exercises		Week1	Week2	Week3			
Rest: 90-120seconds		Reps	RPE	Reps	RPE	Reps	RPE
Inclined Bench	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
DB	Set 3	8-12	6-7	8-12	6-8	8-12	7-8
Pull Downs	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
Lat	Set 3	8-12	6-7	8-12	6-8	8-12	7-8

Secondary							
Exercises		Week1	Week2	Week3			
Rest: 90-120seconds		Reps	RPE	Reps	RPE	Reps	RPE
Farmer's Walk	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
KB or DB 1rep = 1step	Set 3	8-12	6-7	8-12	6-8	8-12	7-8
Push Ups	Set 1	8-12	6-7	8-12	6-8	8-12	7-8
	Set 2	8-12	6-7	8-12	6-8	8-12	7-8
Tempo 3:0:1:0 Add weight as needed	Set 3	8-12	6-7	8-12	6-8	8-12	7-8

Rounds for Time						
Superset		Week1	Week2	Week3		
*Perform both exercises before rest		Rds	Rest	Rds	Rest	Rds
30" Wall Sit		5	20"	5	10"	5
30" Front Plank						0"

Recovery

Core				
Exercises		Week1	Week2	Week3
Rest: 30-60seconds		Time	Time	Time
Front Plank	Set 1	20"-30"	30"-45"	45"-60"
Feet or Knees	Set 2	20"-30"	30"-45"	45"-60"
Side Plank	Set 1	20"-30"	30"-45"	45"-60"
Each Side (Feet or Knees)	Set 2	20"-30"	30"-45"	45"-60"

Core							
Exercises		Week1	Week2	Week3			
Rest: 30-60seconds		Reps	RPE	Reps	RPE	Reps	RPE
Deadbugs	Set 1	8-10	4-6	10-12	4-6	12-15	4-6
Keep Lower back on Floor	Set 2	8-10	4-6	10-12	4-6	12-15	4-6
Paloff Press	Set 1	8-10	4-6	10-12	4-6	12-15	4-6
Feet shoulder width	Set 2	8-10	4-6	10-12	4-6	12-15	4-6

Core							
Exercises		Week1	Week2	Week3			
Rest: 30-60seconds		Time	Time	Time			
Front Plank	Set 1	20"-30"	30"-45"	45"-60"			
Feet or Knees	Set 2	20"-30"	30"-45"	45"-60"			
Side Plank	Set 1	20"-30"	30"-45"	45"-60"			
Each Side (Feet or Knees)	Set 2	20"-30"	30"-45"	45"-60"			

Day 1	Day 2	Day 3
Foam Roll: Quads	Foam Roll: T-Spine	Foam Roll: Glutes
Foam Roll: Hamstrings	Foam Roll: Lats	Foam Roll: Adductors
Foam Roll: Glutes	Foam Roll: Glutes	Foam Roll: T-Spine
Stretch: Quads	Stretch: Pecs	Stretch: Hip Flexor
Stretch: Hamstrings	Stretch: Lats	Stretch: Adductors
Mobility: Cat/Cow	Mobility: Windmill	Mobility: Adductor Rocks
Mobility: Open Books	Mobility: Quadruped Reaches	Mobility: KickStand Rot

Utilize Recovery as Needed
 •Recommended 24Hour Relative Rest Day Between Each Workout*

15-Week Ski Season Prep Training Program (2025/2026)

Block 4: Max Strength and Power

PURPOSE:

This block focuses on developing maximum strength and explosive power using controlled, progressive strength work paired with dynamic plyometric and agility-based movements. The emphasis is on building the ability to generate force quickly and efficiently — essential for sharp turns, quick reactions, and demanding terrain. The goal is to peak lower-body strength, improve fast-twitch muscle activation, and build the responsiveness needed for high-performance skiing.

Format:

3 Workouts/Week with Conditioning

Day 1:								Day 2:								Day 3:								
Pillar								Pillar								Pillar								
Exercise		Week1		Week2		Week3		Exercise		Week1		Week2		Week3		Exercise		Week1		Week2		Week3		
Rest: 15-30seconds		Reps		Reps		Reps		Rest: 15-30seconds		Reps		Reps		Reps		Rest: 15-30seconds		Reps		Reps		Reps		
Lateral Agility		Set 1	6-8	8-10	10-12			Jump Rope		Set 1	6-8	8-10	10-12			Dynamic Clamshell		Set 1	6-8	8-10	10-12			
Miniband At Knees		Set 2	6-8	8-10	10-12					Set 2	6-8	8-10	10-12			Miniband At Knees		Set 2	6-8	8-10	10-12			
Broad Jump		Set 1	6-8	8-10	10-12			Plank + Solder Tap		Set 1	6-8	8-10	10-12			Skater Jump		Set 1	6-8	8-10	10-12			
		Set 2	6-8	8-10	10-12					Set 2	6-8	8-10	10-12					Set 2	6-8	8-10	10-12			
Shoulder ER QR		Set 1	8-10	10-12	12-15			MTN Climbers		Set 1	8-10	10-12	12-15			Box Jumps		Set 1	6-8	8-10	10-12			
@90/90		Set 2	8-10	10-12	12-15			*Each Side (Quick)		Set 2	8-10	10-12	12-15					Set 2	6-8	8-10	10-12			
Worlds Greatest Stretch		Set 1	5-8	5-8	5-8			Standing Y + Pulse		Set 1	8-10	10-12	12-15			Face Pulls		Set 1	8-10	10-12	12-15			
Each Side		Set 2	5-8	5-8	5-8			Resistance Band		Set 2	8-10	10-12	12-15			Resistance Band		Set 2	8-10	10-12	12-15			
Primary								Primary								Primary								
Exercises		Week1		Week2		Week3		Exercises		Week1		Week2		Week3		Exercises		Week1		Week2		Week3		
Rest: 90-120seconds		Reps		RPE		Reps		RPE		Reps		RPE		Reps		RPE		Reps		RPE		Reps		
Hang Clean		Set 1	2-3	8-9	2-3	8-9	2-3	8-9			Plyo Push Up		Set 1	2-3	8-9	2-3	8-9	2-3	8-9			Rotational Squat		
		Set 2	2-3	8-9	2-3	8-9	2-3	8-9					Set 2	2-3	8-9	2-3	8-9	2-3	8-9			Landmine Each Side		
		Set 3	2-3	8-9	2-3	8-9	2-3	8-9					Set 3	2-3	8-9	2-3	8-9	2-3	8-9			Set 3		
		Set 3			2-3	8-9	2-3	8-9					Set 3			2-3	8-9	2-3	8-9			Set 4		
		Set 3				2-3	8-9						Set 3				2-3	8-9	2-3	8-9			Set 5	
Front Squat		Set 1	3-5	8-9	3-5	8-9	3-5	8-9			RFE Split Squat		Set 1	3-5	8-9	3-5	8-9	3-5	8-9			Pull Ups		
		Set 2	3-5	8-9	3-5	8-9	3-5	8-9					Set 2	3-5	8-9	3-5	8-9	3-5	8-9			Set 1		
		Set 3	3-5	8-9	3-5	8-9	3-5	8-9					Set 3	3-5	8-9	3-5	8-9	3-5	8-9			Set 2		
		Set 3			3-5	8-9	3-5	8-9					Set 3			3-5	8-9	3-5	8-9			Set 3		
		Set 3				3-5	8-9						Set 3				3-5	8-9	3-5	8-9			Set 3	
Secondary								Secondary								Secondary								
Exercises		Week1		Week2		Week3		Exercises		Week1		Week2		Week3		Exercises		Week1		Week2		Week3		
Rest: 30-60seconds		Reps		RPE		Reps		RPE		Reps		RPE		Reps		RPE		Reps		RPE		Reps		
Suitcase Carry		Set 1	8-10	8-9	8-10	8-9	8-10	8-9			Dead Bug		Set 1	8-10	8-9	8-10	8-9	8-10	8-9			Side Plank		
		Set 2	8-10	8-9	8-10	8-9	8-10	8-9					Set 2	8-10	8-9	8-10	8-9	8-10	8-9			Set 1		
		Set 3	8-10	8-9	8-10	8-9	8-10	8-9					Set 3	8-10	8-9	8-10	8-9	8-10	8-9			Set 2		
		Set 3			8-10	8-9	8-10	8-9					Set 3			8-10	8-9	8-10	8-9			Set 3		
Side Plank		Set 1	30"-45"	30"-45"	30"-45"			Pallof Press		Set 1	8-10	8-9	8-10	8-9	8-10	8-9			Abd Pull Overs		Set 1	8-10	8-9	
		Set 2	30"-45"	30"-45"	30"-45"					Set 2	8-10	8-9	8-10	8-9	8-10	8-9			With Hip Abduction		Set 2	8-10	8-9	
		Set 3	30"-45"	30"-45"	30"-45"					Set 3	8-10	8-9	8-10	8-9	8-10	8-9					Set 3	8-10	8-9	
		Set 3				30"-45"				Set 3				30"-45"				KB or DB		Set 2	8-10	8-9		
		Set 3					30"-45"			Set 3					30"-45"					Set 3	8-10	8-9		



Recovery

Day 1	Day 2	Day 3
Foam Roll: Quads	Foam Roll: T-Spine	Foam Roll: Glutes
Foam Roll: Hamstrings	Foam Roll: Lats	Foam Roll: Adductors
Foam Roll: Glutes	Foam Roll: Glutes	Foam Roll: T-Spine
Stretch: Quads	Stretch: Pecs	Stretch: Hip Flexor
Stretch: Hamstrings	Stretch: Lats	Stretch: Adductors
Mobility: Cat/Cow	Mobility: Windmill	Mobility: Adductor Rocks
Mobility: Open Books	Mobility: Quadruped Reaches	Mobility: KickStand Rot

Utilize Recovery as Needed
 •Recommended 24Hour Relative Rest Day Between Each Workout*

Conditioning Day: 1 and 3

Intensity: 80-100%		Time		Rest		Time		Rest	
		Time	Rest	Time	Rest	Time	Rest		
Bike Intervals	Int 1	30"	90"	30"	90"	30"	90"	30"	90"
	Int 2	30"	90"	30"	90"	30"	90"	30"	90"
	Int 3	30"	90"	30"	90"	30"	90"	30"	90"
	Int 4	30"	60"	30"	60"	30"	60"	30"	60"

Conditioning Day: 2

Intensity: 80-100%		Week1		Week2		Week3	
		Time	Rest	Time	Rest	Time	Rest
Treadmill Intervals	Int 1	30"	90"	30"	90"	30"	90"
	Int 2	30"	90"	30"	90"	30"	90"
	Int 3	30"	90"	30"	90"	30"	90"
	Int 4	30"	90"	30"	90"	30"	90"

15-Week Ski Season Prep Training Program (2025/2026)

Block 5: Ski Specific Training

PURPOSE:

The Ski Specific Training block focuses on refining the strength, endurance, and control you've built throughout the program, applying it to the unique demands of skiing. This phase emphasizes lower-body stamina, balance, and the ability to maintain power and precision over extended periods. The goal is to prepare your body to handle the intensity of back-to-back runs and variable terrain with confidence and resilience.

Format:

3 Workouts/Week with Conditioning



Day 1:				Day 2:				Day 3:				Recovery								
Mobility				Mobility				Mobility												
Exercise	Week1	Week2	Week3	Exercise	Week1	Week2	Week3	Exercise	Week1	Week2	Week3									
Worlds Greatest Stretch	10 L/R	10 L/R	10 L/R	Worlds Greatest Stretch	10 L/R	10 L/R	10 L/R	Worlds Greatest Stretch	10 L/R	10 L/R	10 L/R									
Dynamic Prep				Dynamic Prep				Dynamic Prep												
Exercise	Week1	Week2	Week3	Exercise	Week1	Week2	Week3	Exercise	Week1	Week2	Week3									
Rest: 30-60seconds				Rest: 30-60seconds				Rest: 30-60seconds												
Lateral/Curtsey Lunge	Set 1	8-10	10-12	12-15	FRW/RVS Lunge	Set 1	6-8	8-10	10-12	Depth Jump	Set 1	6-8	6-8	6-8						
*Each Side	Set 2	8-10	10-12	12-15	*Each Side	Set 2	6-8	8-10	10-12		Set 2	6-8	6-8	6-8						
Lateral Agility	Set 1	20"-30"	30"-45"	30"-60"	Skater Jump	Set 1	6-8	8-10	10-12	SL Line Jumps (FW/BK)	Set 1	6-8	8-10	10-12						
Miniband At Knees	Set 2	20"-30"	30"-45"	30"-60"	1rep = over and back	Set 2	6-8	8-10	10-12	*Each Leg(1 rep = over and back)	Set 2	6-8	8-10	10-12						
Split Squat Jump	Set 1	6-8	8-10	10-12	90° Rot Box Jump	Set 1	3-4	4-5	5-6	SL Line Jumps (Lat)	Set 1	6-8	8-10	10-12						
*Each Side	Set 2	6-8	8-10	10-12	*Each Side	Set 2	3-4	4-5	5-6	*Each Leg(1 rep = over and back)	Set 2	6-8	8-10	10-12						
Primary				Primary				Primary												
Exercises	Week1	Week2	Week3	Superset 1	Week1	Week2	Week3	Exercises	Week1	Week2	Week3									
EMOM				Rest: 30-60seconds				Rest: 30-60seconds												
Wall Sit	Rd 1	20"-30"	20"-30"	20"-30"	1-Arm KB Swing	Set 1	8-10	4-6	8-10	5-7	8-10	6-8	SL RDL + Rotation	Set 1	8-10	4-6	8-10	5-7	8-10	6-8
	Rd 2	20"-30"	20"-30"	20"-30"	KB	Set 2	8-10	4-6	8-10	5-7	8-10	6-8	Cable	Set 2	8-10	4-6	8-10	5-7	8-10	6-8
	Rd 3	20"-30"	20"-30"	20"-30"	*Each Side	Set 3	8-10	4-6	8-10	5-7	8-10	6-8	*Each Side	Set 3	8-10	4-6	8-10	5-7	8-10	6-8
Squat Jump	Rd 1	6-8	8-10	10-12	RFE Split Squat	Set 1	8-10	4-6	8-10	5-7	8-10	6-8	Walking Lunge	Set 1	8-10	4-6	8-10	5-7	8-10	6-8
	Rd 2	6-8	8-10	10-12	Overhead Hold	Set 2	8-10	4-6	8-10	5-7	8-10	6-8	DB or KB	Set 2	8-10	4-6	8-10	5-7	8-10	6-8
	Rd 3	6-8	8-10	10-12	*Each Side	Set 3	8-10	4-6	8-10	5-7	8-10	6-8		Set 3	8-10	4-6	8-10	5-7	8-10	6-8
Secondary				Secondary				Secondary												
Exercises	Week1	Week2	Week3	Exercises	Week1	Week2	Week3	Exercises	Week1	Week2	Week3									
Rest: 30-60seconds				Rest: 30-60seconds				Rest: 30-60seconds												
1-Arm Pull Down	Set 1	8-10	4-6	8-10	5-7	8-10	6-8	Chops	Set 1	8-10	4-6	8-10	5-7	8-10	6-8					
1/2 Kneeling	Set 2	8-10	4-6	8-10	5-7	8-10	6-8	Cable	Set 2	8-10	4-6	8-10	5-7	8-10	6-8					
*Each Side	Set 3	8-10	4-6	8-10	5-7	8-10	6-8	*Each Side	Set 3	8-10	4-6	8-10	5-7	8-10	6-8					
Step Downs (Lat)	Set 1	8-10	4-6	8-10	5-7	8-10	6-8	Step Downs (Ant)	Set 1	8-10	4-6	8-10	5-7	8-10	6-8					
Front Rack	Set 2	8-10	4-6	8-10	5-7	8-10	6-8	DB or KB	Set 2	8-10	4-6	8-10	5-7	8-10	6-8					
*Each Side	Set 3	8-10	4-6	8-10	5-7	8-10	6-8	*Each Side	Set 3	8-10	4-6	8-10	5-7	8-10	6-8					
Dynamic Clamshell	Set 1	8-10	4-6	8-10	5-7	8-10	6-8	Monster Walks	Set 1	8-10	4-6	8-10	5-7	8-10	6-8					
Miniband at Knees	Set 2	8-10	4-6	8-10	5-7	8-10	6-8	Miniband at knees	Set 2	8-10	4-6	8-10	5-7	8-10	6-8					
*Each Side	Set 3	8-10	4-6	8-10	5-7	8-10	6-8	1rep = 1step	Set 3	8-10	4-6	8-10	5-7	8-10	6-8					
Conditioning				Conditioning				Conditioning												
Exercises	Week1	Week2	Week3	Exercises	Week1	Week2	Week3	Exercises	Week1	Week2	Week3									
Intensity: 80-100%				Intensity: 80-100%				Intensity: 80-100%												
Bike Intervals	Int 1	60"	30"	60"	30"	60"	30"	Bike Intervals	Int 1	60"	30"	60"	30"	60"						
	Int 2	60"	30"	60"	30"	60"	30"		Int 2	60"	30"	60"	30"	60"						
	Int 3	60"	30"	60"	30"	60"	30"		Int 3	60"	30"	60"	30"	60"						
	Int 4	60"	30"	60"	30"	60"	30"		Int 4	60"	30"	60"	30"	60"						

Recovery	
Foam Rolling	Stretchies
Quads	1/2 Kneeling Hip Flexor
Glutes/Piriformis	Seated Hamstring
Hamstrings	Piriformis / Pigeon
Calves	Figure 4
Thoracic Spine	Calves
IT Band / Lateral Thigh	Lats
Adductors / Inner Thigh	Peccs

****Perform a few recovery exercises at the end of each session****
Utilize as Needed on Relative Rest Days



Contact us for Questions or Feedback:
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