

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 |
|-------------|-------------|-------------|-------------|
| Bike | Time | Time | Time |
| | 20m | 20m | 20m |

Option 2

| | Week1 | Week2 | Week3 |
|------------------|-------------|-------------|-------------|
| Treadmill | Time | Time | Time |
| | 20m | 20m | 20m |

Option 3

| | Week1 | Week2 | Week3 |
|--------------------|-------------|-------------|-------------|
| StairMaster | Time | Time | Time |
| | 20m | 20m | 20m |

Option 4

| | Week1 | Week2 | Week3 |
|-------------------|-------------|-------------|-------------|
| Elliptical | 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

