



## Agility & Power program

This is designed as to build anaerobic endurance, agility and power. These are referred to as Plyometric exercises. These exercises improve endurance in short periods of time (intervals). These are all things needed for skiing.

This program is part of a weekly routine, done two days per week. It alternates with your core program.

It is better to reduce the amount of reps you are doing to ensure quality. If you feel that the challenge is not enough, then increase the reps. When you have done that and still need more, I will have another routine for you. Please contact me when you are ready for more challenge.

There are pictures below that show you how to do the exercises. Ask a friend or a parent to help you when needed and to check the quality of your exercise. There really is no point doing it if it is not done well.

The warm up and cool down exercises are very important. Do not skip this.

Please call me if you have any questions.

| MODE               | EXERCISE                | SETS | REPS            |
|--------------------|-------------------------|------|-----------------|
| <b>Warm up</b>     |                         |      |                 |
| Bike, jog etc      | Light aerobic (no load) | 1    | 5 minutes       |
| <b>Agility</b>     |                         |      |                 |
| Gym or outside     | Skipping                | 2    | 45 – 60 seconds |
| Gym or outside     | Slalom hip twists       | 2    | 30 – 45 seconds |
| Gym or outside     | Foot fire               | 2    | 30 – 45 seconds |
| Gym or outside     | Cross overs             | 2    | 30 – 45 seconds |
| <b>Power</b>       |                         |      |                 |
| Gym or outside     | Jump with ball          | 2    | 15-20           |
| Gym or outside     | Jumps with knee raise   | 2    | 08-20           |
| Gym or outside     | Box jump                | 2    | 15-20 (at top)  |
| <b>Cool Down</b>   |                         |      |                 |
| Bike, jog etc      | Light aerobic (no load) | 1    | 5 minutes       |
| Floor on mat/stand | Stretching              | 1    | 15 minutes      |

|                                                                                      |                                                                                      |
|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|     |    |
| <p>Skipping - both feet</p>                                                          | <p>Slalom twists – hop and turn lower body</p>                                       |
|     |    |
| <p>Foot fire – Fast feet for 3 count then drop to squat. Core tight arms forward</p> |                                                                                      |
|    |   |
| <p>Crossovers – both ways</p>                                                        | <p>Jump with light ball – to keep focus on legs</p>                                  |
|   |  |
| <p>Jumps w/knee raise – Jump then pull feet up</p>                                   | <p>Box jump – over, top, over &amp; back</p>                                         |

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