



### General conditioning program

This is a general conditioning program that is not sport specific, yet has skiing related exercises. It is designed to be self guided and not require extensive equipment or facilities. You can even do the exercises while watching TV, so there is no excuse.

If you are playing other sports it is possible to swap and program if these are already being done in your sport. For example if you are playing soccer twice per week, you are already covering the agility and aerobic training. If your team also does core and flexibility you can reduce or remove these sessions too. You can choose what or what not to do in this programme. The important thing is that you are getting the training in. You can ask me anytime how to modify your program.

The self guided process is not an easy one. It requires motivation and guidance. The best suggestion is to get together as a group of friends or family to make it more fun and perhaps more challenging.

The key to any program is having a routine. Even if you decide to reduce or remove part of the program, make it fit a routine that works for you.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Core	Agility & Power	Core	Agility & Power	Core	programme	programme
Flexibility each day						

Please get in touch with me if you have any questions.

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