

Casper Nordic Ski Team - Workout Ideas

Below are some workouts to keep you going until we start training together again. Get together with your teammates and challenge each other.

Make sure you take 1 rest day a week.

Core & Strength need to be done daily/ or every other day at a minimum. Mix and match the workouts below or create your own. The bottom line here is it needs to just be part of your everyday routine. If your arms or legs get particularly tired or sore you can take a day off here or there, but all of these workouts are using just your bodyweight as resistance and will not require the recovery time needed if you were lifting weights.

(scroll down for a couple of ideas)

Long, Slow, Distance Workouts are necessary!

** if you are not doing a fall sport, or if your fall sport does not include endurance training you need to do this

3-4 times/week Level 1 (1-3 hours each)

Can include, but not limited to:

roller skiing, hiking w/ or w/o classic poles, trail running, mountain or road biking, swimming, recreational soccer

Roller Skiing - if you have roller skis get on them as much as you can - mix it up - there are a few good spots around to roller ski

*long slow distance - on the new pavement out by **Poison Spider School** (walk down the hill if you are unsure of your ability to control your skis at high speed)

* 3 Crowns/ Platte River Parkway Path

* up the mountain (arrange a ride back down)

* neighborhood streets - watch out for traffic (make sure you do not put yourself in a situation where you are unable to stop or get out of the way)

* agility course - vacant parking lot (make sure you have permission)

Get some friends together, get some cones & sidewalk chalk

Make sure to include the following in your course

on & off the curb

running across grassy areas

slalom around cones - tight and larger turns

backwards skiing

hopping over obstacles

180 degree jumps

hopping on one ski or the other

Time yourself the first time through, practice for about 30-40 minutes continuous, then time yourself the last time through.

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Core Workout 1

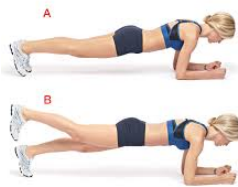
Below is a list of core exercise that you can do in plank on your hands or elbows (for even more of a challenge use a bosu ball) - start with doing each exercise for 30-45 seconds once you are strong enough add time or multiple sets

Example Workout: go thru each exercise for 40 seconds with 20 seconds rest first time thru go off of elbows, second time thru use bosu ball, third time thru go off of hands (about 36 minutes)

- raise 1 arm out front & hold (don't let body rotate - keep hips quiet)
- raise other arm out front & hold (don't let body rotate - keep hips quiet)



- toe taps alternating legs - (slow & controlled movements)



- raise 1 arm out to the side & hold (don't let body rotate - keep hips quiet)
- raise the other arm out to the side & hold (don't let body rotate - keep hips quiet)



- leg out to the side - slow and controlled - (toes should just be a couple inches off of the ground - hold out for a count of five before bringing the leg in -alternate legs - only your leg should be moving - hips should not move - they should stay parallel to the ground)



- bring knee to elbow (out to the side not under your body - slow & controlled targeting your obliques) alternating sides



- raise opposite arm & leg (hold)
- switch sides from previous position
variation: if you are struggling with balance try dropping one knee to ground (or go off elbows)



- plank on side (on elbow or straight arm - make sure you are not letting your hips fall to the floor)
- switch to the other side



Superman/ Banana (2/3 of the time should be banana) - your feet should only be 6-8 inches off of the ground and your **shoulder blades should be off of the ground**



← shoulder blades should be up a couple inches off of the ground - make sure not to arch your back, but focus on pressing the small of your back into the ground

Make sure to stretch out really well when you are done!

Core Workout 2

Go thru the exercises on the list - doing each for 30 - 45 seconds with equal rest. (If you are strong you can add more time or additional exercises.)

1. V-ups
2. in & outs
3. heel touches (in a sit up position - work your obliques by alternating side reaching for your heels)
4. knee to elbow in plank position targeting obliques
5. bicycles forward (get your legs all the way strait - slow & controlled)
6. bicycles reverse (get your legs all the way strait - slow & controlled)
7. plank toe taps
8. plank alternating arms out front - hold for a count of five before switching
9. plank alternating legs to the side -toes should just be a couple inches from the ground - hold for a count of five before switching
10. plank alternating arms out to the side - hold for a count of five before switching
11. plank right side (reach up with left hand)
12. plank left side (reach up with right hand)
13. Russian twists
14. reverse crunches
15. single leg lift (alternating legs)
16. hip raises
17. superman/ banana - 3 minutes

Stretch Really Well When Done!

Strength Circuit Workout 1

Warm-up: 15 minute level 1 jog or biking

Go through the list of exercises **3 times for 30 - 45 seconds each with equal rest**. (As you get stronger you can add more time or another set).

****Variation:** Combine this with a core workout - Between each exercise do one of the abdominal exercises from Core Workout #2. Then rest for 45 seconds before moving on to the next exercise.

1. Pull-ups (when you get to the point you can not do any more - do negatives - lowering yourself as slow as you can)
2. box jumps (18" is ideal - make sure at least ½ of your foot is on the box) - (if you do not have something stable to jump on you can jump knees to chest)
3. bench dips (make sure you are getting to 90 degrees. Your feet should be at the same level as your hands - legs straight)
4. 1 legged jumps up a flight of stairs - left leg only
5. 1 legged jumps up a flight of stairs - right leg only
6. push-ups - Set 1 narrow make a triangle with your hands - touch your head to your hands - don't let your butt stick up in the air/ set 2 wider than shoulder width/ set 3 normal - on sets 2 & 3 chest should only be a couple inches from the ground)

Cooldown: 7 - 10 minutes of stretching

Strength Circuit Workout 2

Warm-up: 15 minute level 1 jog or biking

Repeat 3 times: Maximum effort on each exercise.

1-13 for 45 seconds each / take 30 seconds rest in between each exercise)

14 & 15 follow times listed with exercise

(** as you get stronger you can add either more time to each exercise - i.e. go up to a minute, or add a 4th set in)

1. pull-ups (when you get to the point you can not do any more - do negatives - lowering yourself as slow as you can)
2. burpees with a push-up
3. V-ups
4. box jumps (18" box is ideal)
5. Bench dips (make sure you are getting to 90 degrees. Your feet should be at the same level as your hands - legs straight)
6. in & outs
7. striders
8. narrow push-ups
9. plank (knees to elbows - squeeze your obliques)
10. single leg squats (left leg)
11. wide push-ups
12. single leg squats (right leg)
13. mountain climbers
14. superman/ banana (3 minutes - 2 minutes on banana/ 1 minute on superman)
15. tuck (2 minutes)

Cooldown: 7 - 10 minutes of stretching

Strength Circuit Workout 3

“Balls Out Circuit”

Warm-up: either do this following a level 1 endurance workout or jog about 15 minutes to get warmed up.

Do each exercise as hard as you can for 20 seconds and then rest for 20 seconds - do this 8 times before moving on to the next exercise.

1. burpees with a jump
2. pushups (when you go down your chest should be no more than 3” from the ground)
3. situps (Canadian Strength Test style - tuck your feet under something or get someone to hold them for you if you can)
4. 1 legged squats (8 rounds each leg for 16 total rounds - alternate legs & get low)
5. bench dips (get your elbows to 90 degrees & make sure to keep your legs straight)
6. striders
7. star jumps
8. pull-ups (do negatives if you have to)

Cooldown - make sure to stretch for at least 7-10 minutes