

## Downhill & XC Skiing

Category	Exercise	Sets x Reps	Rest
<b>Flexibility &amp; Mobility</b>			
5-7minutes	<b>Foam Rolling:</b> Do these in order, visit vastasports.com for anything in question 1. T-Spine 2. Lats 3. Hip flexors 4. Adductors 5. Glute 6. Hamstring 7. Calves 8. Quad/Lateral	1 set/ side - :30-60/side	
3-5 minutes	<b>Stretching:</b> 1. Lat stretch 2. Supine figure four 3. Half kneeling SK adductor stretch 4. Wall hip quad 5. Calves	1 set/ side - :30-60/side	
<b>Dynamic Warm up</b>			
5-7 minutes	<b>Movement Prep:</b> Walking depth drops- 5 Hip circles- forwards/backwards- 10/s Knee hug- forward lunge- overhead reach and rotate- 5/s Lateral lunges- 5/s  <b>Sprint/Run Mechanic Warm-up:</b> Forward skip Backward skip Quick feet in place High Knees Butt Kicks Lateral High Knee X-Over Carioca Lateral High Knee X-Over Carioca ASkips Lateral Askips	1x 15-20yds	
<b>SPARQ</b>			
2 sets = 12 min training session 3 sets = 15 min training session 4 sets = 20 min training session	Lateral Alt. Bounds	4x 5-8/s	60s
	SL Hops - Rear Foot Elevated	4x 12-20/s	:30-60s
	Lateral Pogo hops for Rate Coding - Bilateral	4x 10/s	:30-60s
	Hill Sprints- emphasis on extension (stride)	2x	1 min
<b>Cool Down</b>			
5-7min	Foam Rolling and static stretching from <b>Warm Up</b>		
<b>Disclaimer</b>			
1. You are engaging in this activity at your own risk. Please make sure you are cleared for physical activity by your primary Doctor.			
2. For best results, follow the program in order. If you have any questions visit the vastasports.com link.			