FITNESS APPLIED · WORKOUTS

WINTER PREP

Pre-season strength and conditioning to prep you for a strong winter season.

6	3	3	35 to 60
weeks, 4 phases	sessions a week	tracks, pick one	minutes a session

YOUR TRACK

HOME

No gym needed. Your body, a backpack, and a chair.

35 to 55 min · 3 days a week

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BEFORE YOU START

This plan is for healthy adults, 18 and up. Take a few minutes to make sure you are ready.

CHECK YOUR HEALTH

Answer the PAR-Q+ health questionnaire before you start. If any answer is yes, talk to your doctor before you begin. Then do what the form tells you.

- Sick or feverish? Wait until you feel better.
- Over 45 and not used to hard exercise? Talk to a qualified exercise professional before you start.
- Pregnant or just had a baby? This plan is not built for that. Ask your own doctor or midwife what is right for you.

The PAR-Q+ is at https://eparmedx.com/print-versions-of-par-q/. The PAR-Q+ is a health questionnaire made by the PAR-Q+ Collaboration. It helps you see if you should talk to your doctor before you start. A link to it does not mean they approve this plan.

TRY THREE MOVES

- 10 slow squats with your heels down.
- Stand on one leg for 30 seconds on each side.
- Step off a low step and freeze for 2 seconds. Land quietly.

If a move hurts, stop. See a doctor or physical therapist before you start.

Can't hold 30 seconds on one leg? Do no jumps, hops or step-offs yet. Do fast calf raises in their place until you can.

If one feels shaky, do Weeks 1 and 2 twice before you move on.

SET UP YOUR SPACE

- A firm, flat floor with room to jump.
- Flat athletic shoes.
- A step or box that will not slide.

WHAT YOU NEED

- A backpack you can load to about 25 pounds (books or water jugs)
- A sturdy chair or bench that will not slide
- A low step or one stair, about 6 to 8 inches
- A sturdy 12 inch step for Week 5 (optional)
- A free wall to touch for balance
- Open floor space

WHAT THIS TRAINS

DROPS AND JUMPS
Squats and one-leg moves train your legs. Step-off landings let you practice soft, controlled landings. On snow, size up slowly.

DAY 1 AND DAY 2

POP AND POWER
Jumps and calf raises train fast, springy push-offs.

DAY 2

LEG STAMINA
Holds, circuits and intervals train your legs for long days on snow.

DAY 3

ROTATIONAL POWER
Chops and turn jumps train your hips and middle to spin with speed.

DAY 2

SWITCH STABILITY
Every one-leg move starts on your weak side. You also do balance and side-to-side work in both stances.

DAY 1 AND DAY 3

HOW THE SIX WEEKS RUN

Three sessions a week, Day 1, Day 2, Day 3, in order, with a rest day between. Check the box on each session when it is done.

Weeks 1 and 2	Build the Base	Easy to medium. You could do 3 or more extra reps. Learn every move. Go slow. Keep your form clean. Light weights are fine.
Weeks 3 and 4	Get Strong	Medium to hard. You could do about 2 or 3 extra reps. The weights and jump counts go up a little. Keep the form from weeks 1 and 2.
Week 5	Peak	Hard but clean. You could do about 1 or 2 extra reps. Your hardest week. Push the weights, not the heights. Stop any set when your form slips.
Week 6	Sharpen	Quick and crisp. You could do 3 or more extra reps. Less work, same speed. The aim is to feel fresh for your first day on snow.

3 × 10 means 3 sets of 10 reps.
Each side or each way means do both. Weaker side first.
Round means one set of each move in the block, in order. Then rest. Repeat for all sets.

STOP if you feel chest pain or pressure, dizziness or sharp pain. If chest pain lasts or comes with other warning signs, call 911.

EVERY SESSION

Warm up before every session. Cool down after it.

WARM-UP · 6 MIN

Every session. Then the day's own move:

Cat-cow	8 slow reps	On hands and knees. Round your back, then arch it.
Lunge-and-twist stretch	5 each side	Step into a long lunge. Twist toward your front knee and reach up.
Ankle rocks	10 each side	Your front knee glides over your toes. Keep your heel down.
Glute bridge	10 reps, squeeze at the top	Lie on your back. Press your hips up.
Bodyweight squat	10 reps, pause 2 sec at the bottom	Sit back and down. Keep your chest tall.
Day 1: Calf raise	12 slow reps	Rise up on your toes. Lower slowly.
Day 2: Pogo hops	2 sets of 10 small hops	Quick, light hops on the balls of your feet.
Day 3: Side steps	10 each way	Step wide to one side, then back. Keep your knees soft.

COOL-DOWN · 5 MIN

Every session.

Hip flexor stretch	30 sec each side	Half-kneel. Squeeze the back glute and lean forward a little.
Figure-4 stretch	30 sec each side	Lie on your back. Cross one ankle over the other knee and pull that thigh toward your chest.
Calf stretch	30 sec each side	Hands on a wall. Back leg straight with the heel down.
Quad stretch	30 sec each side	Stand tall. Pull one heel toward your glute. Keep your knees together.
Slow breathing	5 deep breaths	In through your nose, out through your mouth.

READ BEFORE WEEK 1

DISCLAIMER

This program belongs to Fitness Applied. You use it at your own risk.

WHO OWNS THIS PROGRAM

Winter Prep and everything in it, the plan, the session pages, the tests, and the words, are the property of Fitness Applied. Copyright 2026 Fitness Applied. All rights reserved. You may use this program for your own training. You may not copy it, share it, sell it, or use it in a paid service without written permission from Fitness Applied.

GENERAL INFORMATION, NOT ADVICE

This program is general fitness information for healthy adults 18 and over. It is not medical advice, and it was not written for your body, your health, or your history. Fitness Applied does not know you and cannot tell you whether this program is right for you. Complete the PAR-Q+ at eparmedx.com and talk to a doctor or a qualified exercise professional before you start, as the Before You Start page says.

YOU TRAIN AT YOUR OWN RISK

Exercise carries a risk of injury and, in rare cases, of serious injury or death. Lifting weights, jumping, balance work, and riding add to that risk. You choose to do this program and you choose your loads. You are responsible for your own form, your equipment, and the place you train. By using this program you accept those risks.

NO LIABILITY

To the fullest extent the law allows, Fitness Applied, its owner, and everyone who helped make this program are not liable for any injury, loss, or damage that comes from using this program or anything else in this file. The program is provided as is, with no warranty and no promise of any result.

EVERY SESSION

If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

This is not medical advice. Check with your doctor before you start, most of all if you have an injury, pain, or a health condition. Stop and see a doctor if you have sharp or worsening pain. Do the same if you feel dizzy or faint, or feel numbness or tingling. Do the same if you are short of breath in a way that is not normal for you. Results vary. Build up to big drops and jumps slowly on snow. On the hill, wear a helmet.

Stop. Call 911 right away if chest pain or pressure lasts more than a few minutes or keeps coming back. Also call if it comes with other signs. These include shortness of breath, a cold sweat, nausea or lightheadedness. They also include a racing or uneven heartbeat, or pain in an arm, the back, neck, jaw or stomach. Do not wait to see if it passes.

HOME TRACK

WEEK 1

Build the Base

Easy to medium. You could do 3 or more extra reps. Learn every move. Go slow. Keep your form clean. Light weights are fine.

WEEK 1 · DAY 1

STRENGTH + CORE

Train your legs and middle.

☐ DONE

DATE _____

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round

Slow Squat	`3 × 10 · 3 sec down`	Take 3 seconds to go down. Stand up strong. Slow reps train your legs. From week 3, hug a loaded backpack at your chest.
Dead Bug	`3 × 8 each side`	Lie on your back. Lower the opposite arm and leg slowly. Keep your lower back pressed to the floor.

BLOCK B

Rest 90 sec after each round

Split Squat	`3 × 8 each side · back foot on the floor`	Take a long step. Drop the back knee straight down. Start on your weaker side and do the same reps on the other. From week 3, rest the back foot on a chair.
Side Plank	`3 × 20 sec each side`	Make one line from head to feet. Keep your hips high. Do both sides.

BLOCK C

Rest 60 sec after each round

Single-Leg Glute Bridge	`3 × 10 each side`	One foot on the floor, other leg straight up. Push through the heel and squeeze at the top.
Hollow Hold	`3 × 15 sec`	Lie on your back. Lift your shoulders and legs a few inches off the floor. Press your lower back down. Bend your knees if your back lifts.

RIDER NOTE Think of your middle as suspension. Keep it firm in the air and on landing. Then the cool-down · 5 min.

WEEK 1 · DAY 2

☐ DONE

DATE _____

POP + POWER

Teach your legs to jump fast and land soft. Turn your hips with speed.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round. Jump fresh.

Squat Jump and Stick	`3 × 4`	Jump as high as you can. Land soft and flat on both feet. Let your ankles and knees bend together. Freeze for 2 seconds. Keep your feet quiet.
Step-Off Stick Landing	`3 × 4 · 6 inch step (a thick book or low step)`	Step off. Do not jump. Land on both feet, knees soft, and freeze for 2 seconds. Knees point where your toes point. A loud landing means the step is too high.

BLOCK B

Rest 90 sec after each round. Jump fresh.

Pop Drill	`3 × 4`	Stand in your riding stance. Bend, then spring up off your back foot and bring your knees up. Land on both feet together, flat and soft.
Quarter-Turn Jump	`2 × 3 each way`	Jump and turn a quarter turn (90 degrees). Stick the landing. Turn both ways: frontside and backside on a board, natural and unnatural on skis.

BLOCK C

Rest 60 sec after each round

Backpack Wood Chop	`3 × 8 each side`	Hug a light backpack, 5 to 10 lb. Turn from high on one side to low on the other. The power comes from your hips, not your arms.
Single-Leg Calf Raise	`3 × 12 each side`	Rise up high, pause 1 second, and lower slowly. This trains your ankles for push-off. Touch a wall for balance if you need to.

RIDER NOTE Pop is speed, not just height. Your ankles, knees, and hips all push at once. Jump fast, then land quiet. Then the cool-down · 5 min.

WEEK 1 · DAY 3

☐ DONE

DATE _____

STAMINA + SWITCH

Train leg stamina, your weaker side and your switch stance.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each set. Jump fresh.

Side Bound and Stick	`3 × 5 each side · step wide and hold 2 sec, no jump`	Push off one foot to the side and land on the other. Freeze for 2 seconds. In weeks 1 and 2 you only step, with no jump. Start on your weaker side.

BLOCK B

Rest 60 sec after each round

Riding Stance Hold	`3 × 30 sec · half in each stance`	Sit low in your riding stance with your front foot turned out. Hips back, chest up, knees bent. Spend half the time with your normal foot in front, then switch feet.
Riding Stance Squat	`3 × 8 + 8 switch`	Set your feet wide like on the board. Do half the reps with your normal foot in front, then half with the other foot in front.

BLOCK C

Rest 60 sec after each round

Single-Leg Reach	`3 × 8 each side`	Stand on one leg, lean forward from the hips, and reach toward the floor. Start with your weaker leg. Touch a wall if you need to.

BLOCK D

Rest 60 sec after each circuit round

Leg Burner Circuit	`3 rounds · 30 sec per move`	Do each move for the time shown with no rest: mountain climbers, reverse lunges, bodyweight squats, plank. That is one round.

RIDER NOTE On snow, try a few easy runs switch on terrain you already know. Day 3 trains both stances. Then the cool-down · 5 min.

HOME TRACK

WEEK 2

Build the Base
Easy to medium. You could do 3 or more extra reps. Learn every move. Go slow. Keep your form clean. Light weights are fine.

WEEK 2 · DAY 1

STRENGTH + CORE

Train your legs and middle.

☐ DONE

DATE _____

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round

Slow Squat	`3 × 10 · 3 sec down`	Take 3 seconds to go down. Stand up strong. Slow reps train your legs. From week 3, hug a loaded backpack at your chest.
Dead Bug	`3 × 8 each side`	Lie on your back. Lower the opposite arm and leg slowly. Keep your lower back pressed to the floor.

BLOCK B

Rest 90 sec after each round

Split Squat	`3 × 8 each side · back foot on the floor`	Take a long step. Drop the back knee straight down. Start on your weaker side and do the same reps on the other. From week 3, rest the back foot on a chair.
Side Plank	`3 × 20 sec each side`	Make one line from head to feet. Keep your hips high. Do both sides.

BLOCK C

Rest 60 sec after each round

Single-Leg Glute Bridge	`3 × 10 each side`	One foot on the floor, other leg straight up. Push through the heel and squeeze at the top.
Hollow Hold	`3 × 15 sec`	Lie on your back. Lift your shoulders and legs a few inches off the floor. Press your lower back down. Bend your knees if your back lifts.

RIDER NOTE Think of your middle as suspension. Keep it firm in the air and on landing. Then the cool-down · 5 min.

WEEK 2 · DAY 2

☐ DONE

DATE _____

POP + POWER

Teach your legs to jump fast and land soft. Turn your hips with speed.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round. Jump fresh.

Squat Jump and Stick	3 × 4	Jump as high as you can. Land soft and flat on both feet. Let your ankles and knees bend together. Freeze for 2 seconds. Keep your feet quiet.
Step-Off Stick Landing	3 × 4 · 6 inch step (a thick book or low step)	Step off. Do not jump. Land on both feet, knees soft, and freeze for 2 seconds. Knees point where your toes point. A loud landing means the step is too high.

BLOCK B

Rest 90 sec after each round. Jump fresh.

Pop Drill	3 × 4	Stand in your riding stance. Bend, then spring up off your back foot and bring your knees up. Land on both feet together, flat and soft.
Quarter-Turn Jump	2 × 3 each way	Jump and turn a quarter turn (90 degrees). Stick the landing. Turn both ways: frontside and backside on a board, natural and unnatural on skis.

BLOCK C

Rest 60 sec after each round

Backpack Wood Chop	3 × 8 each side	Hug a light backpack, 5 to 10 lb. Turn from high on one side to low on the other. The power comes from your hips, not your arms.
Single-Leg Calf Raise	3 × 12 each side	Rise up high, pause 1 second, and lower slowly. This trains your ankles for push-off. Touch a wall for balance if you need to.

RIDER NOTE Pop is speed, not just height. Your ankles, knees, and hips all push at once. Jump fast, then land quiet. Then the cool-down · 5 min.

WEEK 2 · DAY 3

☐ DONE

DATE _____

STAMINA + SWITCH

Train leg stamina, your weaker side and your switch stance.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each set. Jump fresh.

Side Bound and Stick	`3 × 5 each side · step wide and hold 2 sec, no jump`	Push off one foot to the side and land on the other. Freeze for 2 seconds. In weeks 1 and 2 you only step, with no jump. Start on your weaker side.

BLOCK B

Rest 60 sec after each round

Riding Stance Hold	`3 × 30 sec · half in each stance`	Sit low in your riding stance with your front foot turned out. Hips back, chest up, knees bent. Spend half the time with your normal foot in front, then switch feet.
Riding Stance Squat	`3 × 8 + 8 switch`	Set your feet wide like on the board. Do half the reps with your normal foot in front, then half with the other foot in front.

BLOCK C

Rest 60 sec after each round

Single-Leg Reach	`3 × 8 each side`	Stand on one leg, lean forward from the hips, and reach toward the floor. Start with your weaker leg. Touch a wall if you need to.

BLOCK D

Rest 60 sec after each circuit round

Leg Burner Circuit	`3 rounds · 30 sec per move`	Do each move for the time shown with no rest: mountain climbers, reverse lunges, bodyweight squats, plank. That is one round.

RIDER NOTE On snow, try a few easy runs switch on terrain you already know. Day 3 trains both stances. Then the cool-down · 5 min.

HOME TRACK

WEEK 3

Get Strong
Medium to hard. You could do about 2 or 3 extra reps. The weights and jump counts go up a little. Keep the form from weeks 1 and 2.

WEEK 3 · DAY 1

STRENGTH + CORE

Train your legs and middle.

☐ DONE

DATE _____

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round

Slow Squat	`4 × 8 · backpack, 10 to 15 lb`	Take 3 seconds to go down. Stand up strong. Slow reps train your legs. From week 3, hug a loaded backpack at your chest.
Dead Bug	`3 × 10 each side · slow`	Lie on your back. Lower the opposite arm and leg slowly. Keep your lower back pressed to the floor.

BLOCK B

Rest 90 sec after each round

Split Squat	`3 × 8 each side · back foot on a chair`	Take a long step. Drop the back knee straight down. Start on your weaker side and do the same reps on the other. From week 3, rest the back foot on a chair.
Side Plank	`3 × 30 sec each side`	Make one line from head to feet. Keep your hips high. Do both sides.

BLOCK C

Rest 60 sec after each round

Single-Leg Glute Bridge	`3 × 12 each side`	One foot on the floor, other leg straight up. Push through the heel and squeeze at the top.
Hollow Hold	`3 × 20 sec`	Lie on your back. Lift your shoulders and legs a few inches off the floor. Press your lower back down. Bend your knees if your back lifts.

RIDER NOTE Think of your middle as suspension. Keep it firm in the air and on landing. Then the cool-down · 5 min.

WEEK 3 · DAY 2

☐ DONE

DATE _____

POP + POWER

Teach your legs to jump fast and land soft. Turn your hips with speed.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round. Jump fresh.

Squat Jump and Stick	`3 × 5`	Jump as high as you can. Land soft and flat on both feet. Let your ankles and knees bend together. Freeze for 2 seconds. Keep your feet quiet.
Step-Off Stick Landing	`3 × 5 · one stair (about 7 inches)`	Step off. Do not jump. Land on both feet, knees soft, and freeze for 2 seconds. Knees point where your toes point. A loud landing means the step is too high.

BLOCK B

Rest 90 sec after each round. Jump fresh.

Pop Drill	`3 × 5`	Stand in your riding stance. Bend, then spring up off your back foot and bring your knees up. Land on both feet together, flat and soft.
Quarter-Turn Jump	`3 × 3 each way`	Jump and turn a quarter turn (90 degrees). Stick the landing. Turn both ways: frontside and backside on a board, natural and unnatural on skis.

BLOCK C

Rest 60 sec after each round

Backpack Wood Chop	`3 × 10 each side`	Hug a light backpack, 5 to 10 lb. Turn from high on one side to low on the other. The power comes from your hips, not your arms.
Single-Leg Calf Raise	`3 × 15 each side`	Rise up high, pause 1 second, and lower slowly. This trains your ankles for push-off. Touch a wall for balance if you need to.

RIDER NOTE Pop is speed, not just height. Your ankles, knees, and hips all push at once. Jump fast, then land quiet. Then the cool-down · 5 min.

WEEK 3 · DAY 3

☐ DONE

DATE _____

STAMINA + SWITCH

Train leg stamina, your weaker side and your switch stance.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each set. Jump fresh.

Side Bound and Stick	`3 × 5 each side · small bound, stick it`	Push off one foot to the side and land on the other. Freeze for 2 seconds. In weeks 1 and 2 you only step, with no jump. Start on your weaker side.

BLOCK B

Rest 60 sec after each round

Riding Stance Hold	`3 × 45 sec · half in each stance`	Sit low in your riding stance with your front foot turned out. Hips back, chest up, knees bent. Spend half the time with your normal foot in front, then switch feet.
Riding Stance Squat	`3 × 10 + 10 switch`	Set your feet wide like on the board. Do half the reps with your normal foot in front, then half with the other foot in front.

BLOCK C

Rest 60 sec after each round

Single-Leg Reach	`3 × 10 each side`	Stand on one leg, lean forward from the hips, and reach toward the floor. Start with your weaker leg. Touch a wall if you need to.

BLOCK D

Rest 60 sec after each circuit round

Leg Burner Circuit	`3 rounds · 40 sec per move`	Do each move for the time shown with no rest: mountain climbers, reverse lunges, bodyweight squats, plank. That is one round.

RIDER NOTE On snow, try a few easy runs switch on terrain you already know. Day 3 trains both stances. Then the cool-down · 5 min.

HOME TRACK

WEEK 4

Get Strong
Medium to hard. You could do about 2 or 3 extra reps. The weights and jump counts go up a little. Keep the form from weeks 1 and 2.

WEEK 4 · DAY 1

☐ DONE

DATE _____

STRENGTH + CORE

Train your legs and middle.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round

Slow Squat	`4 × 8 · backpack, 10 to 15 lb`	Take 3 seconds to go down. Stand up strong. Slow reps train your legs. From week 3, hug a loaded backpack at your chest.
Dead Bug	`3 × 10 each side · slow`	Lie on your back. Lower the opposite arm and leg slowly. Keep your lower back pressed to the floor.

BLOCK B

Rest 90 sec after each round

Split Squat	`3 × 8 each side · back foot on a chair`	Take a long step. Drop the back knee straight down. Start on your weaker side and do the same reps on the other. From week 3, rest the back foot on a chair.
Side Plank	`3 × 30 sec each side`	Make one line from head to feet. Keep your hips high. Do both sides.

BLOCK C

Rest 60 sec after each round

Single-Leg Glute Bridge	`3 × 12 each side`	One foot on the floor, other leg straight up. Push through the heel and squeeze at the top.
Hollow Hold	`3 × 20 sec`	Lie on your back. Lift your shoulders and legs a few inches off the floor. Press your lower back down. Bend your knees if your back lifts.

RIDER NOTE Think of your middle as suspension. Keep it firm in the air and on landing. Then the cool-down · 5 min.

WEEK 4 · DAY 2

☐ DONE

DATE _____

POP + POWER

Teach your legs to jump fast and land soft. Turn your hips with speed.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round. Jump fresh.

Squat Jump and Stick	`3 × 5`	Jump as high as you can. Land soft and flat on both feet. Let your ankles and knees bend together. Freeze for 2 seconds. Keep your feet quiet.
Step-Off Stick Landing	`3 × 5 · one stair (about 7 inches)`	Step off. Do not jump. Land on both feet, knees soft, and freeze for 2 seconds. Knees point where your toes point. A loud landing means the step is too high.

BLOCK B

Rest 90 sec after each round. Jump fresh.

Pop Drill	`3 × 5`	Stand in your riding stance. Bend, then spring up off your back foot and bring your knees up. Land on both feet together, flat and soft.
Quarter-Turn Jump	`3 × 3 each way`	Jump and turn a quarter turn (90 degrees). Stick the landing. Turn both ways: frontside and backside on a board, natural and unnatural on skis.

BLOCK C

Rest 60 sec after each round

Backpack Wood Chop	`3 × 10 each side`	Hug a light backpack, 5 to 10 lb. Turn from high on one side to low on the other. The power comes from your hips, not your arms.
Single-Leg Calf Raise	`3 × 15 each side`	Rise up high, pause 1 second, and lower slowly. This trains your ankles for push-off. Touch a wall for balance if you need to.

RIDER NOTE Pop is speed, not just height. Your ankles, knees, and hips all push at once. Jump fast, then land quiet. Then the cool-down · 5 min.

WEEK 4 · DAY 3

☐ DONE

DATE _____

STAMINA + SWITCH

Train leg stamina, your weaker side and your switch stance.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each set. Jump fresh.

Side Bound and Stick	`3 × 5 each side · small bound, stick it`	Push off one foot to the side and land on the other. Freeze for 2 seconds. In weeks 1 and 2 you only step, with no jump. Start on your weaker side.

BLOCK B

Rest 60 sec after each round

Riding Stance Hold	`3 × 45 sec · half in each stance`	Sit low in your riding stance with your front foot turned out. Hips back, chest up, knees bent. Spend half the time with your normal foot in front, then switch feet.
Riding Stance Squat	`3 × 10 + 10 switch`	Set your feet wide like on the board. Do half the reps with your normal foot in front, then half with the other foot in front.

BLOCK C

Rest 60 sec after each round

Single-Leg Reach	`3 × 10 each side`	Stand on one leg, lean forward from the hips, and reach toward the floor. Start with your weaker leg. Touch a wall if you need to.

BLOCK D

Rest 60 sec after each circuit round

Leg Burner Circuit	`3 rounds · 40 sec per move`	Do each move for the time shown with no rest: mountain climbers, reverse lunges, bodyweight squats, plank. That is one round.

RIDER NOTE On snow, try a few easy runs switch on terrain you already know. Day 3 trains both stances. Then the cool-down · 5 min.

HOME TRACK

WEEK 5

Peak
Hard but clean. You could do about 1 or 2 extra reps. Your hardest week. Push the weights, not the heights. Stop any set when your form slips.

WEEK 5 · DAY 1

STRENGTH + CORE

Train your legs and middle.

☐ DONE

DATE _____

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round

Slow Squat	`4 × 6 · backpack, 20 to 25 lb`	Take 3 seconds to go down. Stand up strong. Slow reps train your legs. From week 3, hug a loaded backpack at your chest.
Dead Bug	`3 × 12 each side · slow`	Lie on your back. Lower the opposite arm and leg slowly. Keep your lower back pressed to the floor.

BLOCK B

Rest 90 sec after each round

Split Squat	`3 × 8 each side · chair and a backpack, 10 to 15 lb`	Take a long step. Drop the back knee straight down. Start on your weaker side and do the same reps on the other. From week 3, rest the back foot on a chair.
Side Plank	`3 × 40 sec each side`	Make one line from head to feet. Keep your hips high. Do both sides.

BLOCK C

Rest 60 sec after each round

Single-Leg Glute Bridge	`3 × 12 each side · foot on a chair`	One foot on the floor, other leg straight up. Push through the heel and squeeze at the top.
Hollow Hold	`3 × 30 sec`	Lie on your back. Lift your shoulders and legs a few inches off the floor. Press your lower back down. Bend your knees if your back lifts.

RIDER NOTE Think of your middle as suspension. Keep it firm in the air and on landing. Then the cool-down · 5 min.

WEEK 5 · DAY 2

☐ DONE

DATE _____

POP + POWER

Teach your legs to jump fast and land soft. Turn your hips with speed.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round. Jump fresh.

Squat Jump and Stick	`4 × 5 · jump as high as you can`	Jump as high as you can. Land soft and flat on both feet. Let your ankles and knees bend together. Freeze for 2 seconds. Keep your feet quiet.
Step-Off Stick Landing	`4 × 4 · 12 inch step if you have one, otherwise one stair`	Step off. Do not jump. Land on both feet, knees soft, and freeze for 2 seconds. Knees point where your toes point. A loud landing means the step is too high.

BLOCK B

Rest 90 sec after each round. Jump fresh.

Pop Drill	`3 × 6 · reach for a high target`	Stand in your riding stance. Bend, then spring up off your back foot and bring your knees up. Land on both feet together, flat and soft.
Quarter-Turn Jump	`3 × 4 each way`	Jump and turn a quarter turn (90 degrees). Stick the landing. Turn both ways: frontside and backside on a board, natural and unnatural on skis.

BLOCK C

Rest 60 sec after each round

Backpack Wood Chop	`3 × 10 each side · fast`	Hug a light backpack, 5 to 10 lb. Turn from high on one side to low on the other. The power comes from your hips, not your arms.
Single-Leg Calf Raise	`3 × 15 each side · 3 sec down`	Rise up high, pause 1 second, and lower slowly. This trains your ankles for push-off. Touch a wall for balance if you need to.

RIDER NOTE Pop is speed, not just height. Your ankles, knees, and hips all push at once. Jump fast, then land quiet. Then the cool-down · 5 min.

WEEK 5 · DAY 3

☐ DONE

DATE _____

STAMINA + SWITCH

Train leg stamina, your weaker side and your switch stance.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each set. Jump fresh.

Side Bound and Stick	`3 × 6 each side · bound, stick it`	Push off one foot to the side and land on the other. Freeze for 2 seconds. In weeks 1 and 2 you only step, with no jump. Start on your weaker side.

BLOCK B

Rest 60 sec after each round

Riding Stance Hold	`3 × 60 sec · half in each stance`	Sit low in your riding stance with your front foot turned out. Hips back, chest up, knees bent. Spend half the time with your normal foot in front, then switch feet.
Riding Stance Squat	`3 × 10 + 10 switch · backpack at your chest, 10 to 15 lb`	Set your feet wide like on the board. Do half the reps with your normal foot in front, then half with the other foot in front.

BLOCK C

Rest 60 sec after each round

Single-Leg Reach	`3 × 10 each side · hold a backpack`	Stand on one leg, lean forward from the hips, and reach toward the floor. Start with your weaker leg. Touch a wall if you need to.

BLOCK D

Rest 60 sec after each circuit round

Leg Burner Circuit	`4 rounds · 40 sec per move`	Do each move for the time shown with no rest: mountain climbers, reverse lunges, bodyweight squats, plank. That is one round.

RIDER NOTE On snow, try a few easy runs switch on terrain you already know. Day 3 trains both stances. Then the cool-down · 5 min.

HOME TRACK

WEEK 6

Sharpen
Quick and crisp. You could do 3 or more extra reps. Less work, same speed. The aim is to feel fresh for your first day on snow.

WEEK 6 · DAY 1

STRENGTH + CORE

Train your legs and middle.

☐ DONE

DATE _____

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round

Slow Squat	`3 × 6 · same backpack, stand up fast`	Take 3 seconds to go down. Stand up strong. Slow reps train your legs. From week 3, hug a loaded backpack at your chest.
Dead Bug	`2 × 10 each side`	Lie on your back. Lower the opposite arm and leg slowly. Keep your lower back pressed to the floor.

BLOCK B

Rest 90 sec after each round

Split Squat	`2 × 8 each side · chair and the same backpack`	Take a long step. Drop the back knee straight down. Start on your weaker side and do the same reps on the other. From week 3, rest the back foot on a chair.
Side Plank	`2 × 30 sec each side`	Make one line from head to feet. Keep your hips high. Do both sides.

BLOCK C

Rest 60 sec after each round

Single-Leg Glute Bridge	`2 × 10 each side · foot on a chair`	One foot on the floor, other leg straight up. Push through the heel and squeeze at the top.
Hollow Hold	`2 × 20 sec`	Lie on your back. Lift your shoulders and legs a few inches off the floor. Press your lower back down. Bend your knees if your back lifts.

RIDER NOTE Think of your middle as suspension. Keep it firm in the air and on landing. Then the cool-down · 5 min.

WEEK 6 · DAY 2

☐ DONE

DATE _____

POP + POWER

Teach your legs to jump fast and land soft. Turn your hips with speed.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each round. Jump fresh.

Squat Jump and Stick	`3 × 4`	Jump as high as you can. Land soft and flat on both feet. Let your ankles and knees bend together. Freeze for 2 seconds. Keep your feet quiet.
Step-Off Stick Landing	`3 × 4 · one stair`	Step off. Do not jump. Land on both feet, knees soft, and freeze for 2 seconds. Knees point where your toes point. A loud landing means the step is too high.

BLOCK B

Rest 90 sec after each round. Jump fresh.

Pop Drill	`3 × 4`	Stand in your riding stance. Bend, then spring up off your back foot and bring your knees up. Land on both feet together, flat and soft.
Quarter-Turn Jump	`2 × 3 each way`	Jump and turn a quarter turn (90 degrees). Stick the landing. Turn both ways: frontside and backside on a board, natural and unnatural on skis.

BLOCK C

Rest 60 sec after each round

Backpack Wood Chop	`2 × 10 each side`	Hug a light backpack, 5 to 10 lb. Turn from high on one side to low on the other. The power comes from your hips, not your arms.
Single-Leg Calf Raise	`2 × 12 each side`	Rise up high, pause 1 second, and lower slowly. This trains your ankles for push-off. Touch a wall for balance if you need to.

RIDER NOTE Pop is speed, not just height. Your ankles, knees, and hips all push at once. Jump fast, then land quiet. Then the cool-down · 5 min.

WEEK 6 · DAY 3

☐ DONE

DATE _____

STAMINA + SWITCH

Train leg stamina, your weaker side and your switch stance.

Warm-up · 6 min first (warm-up page), then:

BLOCK A

Rest 90 sec after each set. Jump fresh.

Side Bound and Stick	`2 × 5 each side · small bound`	Push off one foot to the side and land on the other. Freeze for 2 seconds. In weeks 1 and 2 you only step, with no jump. Start on your weaker side.

BLOCK B

Rest 60 sec after each round

Riding Stance Hold	`2 × 45 sec · half in each stance`	Sit low in your riding stance with your front foot turned out. Hips back, chest up, knees bent. Spend half the time with your normal foot in front, then switch feet.
Riding Stance Squat	`2 × 8 + 8 switch`	Set your feet wide like on the board. Do half the reps with your normal foot in front, then half with the other foot in front.

BLOCK C

Rest 60 sec after each round

Single-Leg Reach	`2 × 8 each side`	Stand on one leg, lean forward from the hips, and reach toward the floor. Start with your weaker leg. Touch a wall if you need to.

BLOCK D

Rest 60 sec after each circuit round

Leg Burner Circuit	`3 rounds · 30 sec per move`	Do each move for the time shown with no rest: mountain climbers, reverse lunges, bodyweight squats, plank. That is one round.

RIDER NOTE On snow, try a few easy runs switch on terrain you already know. Day 3 trains both stances. Then the cool-down · 5 min.

GROUND RULES

WEAK SIDE FIRST

- Start every one-leg move on your weaker side.
- Do the same reps on your strong side. Never fewer on the weak one.
- If the weak side wobbles more, add one extra set there.
- Not sure which side is weaker? Stand on one leg for 30 seconds. The side that shakes more is the weaker side.

HOW HARD TO PUSH

- Weeks 1 and 2: easy to medium. You could do 3 or more extra reps.
- Weeks 3 and 4: medium to hard. About 2 or 3 extra reps.
- Week 5: hard but clean. About 1 or 2 extra reps.
- Week 6: quick and crisp. 3 or more extra reps.
- If your form slips, stop the set. Jumps never go to failure.

LANDING CHECK

- Land flat, on your whole foot. Let your ankles and knees bend together to soften the landing.
- Knees point the same way as your toes. They do not cave in.
- Chest stays tall. The landing is quiet.
- Step down from boxes. Never jump down.
- Loud or wobbly landing? Go back to the lower height.
- Go higher only when 3 clean landings in a row feel easy. Step-off landings: never higher than 12 inches. After a box jump, step down one foot at a time.
- Pain in a knee, ankle or hip when you jump? Stop and see a doctor or physical therapist.

SCHEDULE

- Three sessions a week with a rest day between. Example: Mon, Wed, Fri.
- Do Day 1, Day 2, Day 3 in order.
- Leave a rest day between jump days. Do not stack them.
- Optional: 1 or 2 easy 20 to 30 minute walks, bike rides or jogs on off days. Keep a pace where you can talk.
- Miss a session? Do the next one. Do not double up.
- Miss a whole week? Repeat your last week.

TOO HARD? GO EASIER

- Cut one set from every move.
- Use a lower step or box. Or skip the landing and do fast calf raises.
- Touch a wall or chair for balance.
- Drop the weight. Form comes first.
- Still sore or sloppy? Repeat the week before you move on.

AFTER WEEK 6

- Once you are riding, keep one session a week. Pick Day 1.
- Keep your weights the same.
- Skip the jumps on days your legs are tired from riding.
- Want more? Run the plan again and add a little weight.

Stop. Call 911 right away if chest pain or pressure lasts more than a few minutes or keeps coming back. Also call if it comes with other signs. These include shortness of breath, a cold sweat, nausea or lightheadedness. They also include a racing or uneven heartbeat, or pain in an arm, the back, neck, jaw or stomach. Do not wait to see if it passes.