



# 2021 WINTER SPORTS TRAINING PROGRAM

## ALPINE SKI



*Special  
Olympics*  
Maine

# WORKOUT 1

## Warm-Up:

(20 seconds each)

1. [Jumping Jacks](#)
2. [Knee-to-Chest](#)
3. [Static Butt Kicks](#)
4. [Alternating Toy Soldiers](#)
5. [Arm Swings](#)



## Resistance Exercises:

(3 rounds)

1. [Bicep Curl](#) (12 reps/arm)
2. [Lateral Steps](#) (12 steps each side)
3. [Deadlift](#) (12 reps)
4. [Seated Single Leg Step Up](#) (12 reps/leg)
5. [Bodyweight Squat](#) (12 reps)

## Cool Down:

(20 seconds each)

1. [Calf/Soleus Stretch](#)
2. [Standing Quadricep Stretch](#)
3. [Overhead Triceps Stretch](#)
4. [Alternating Straight Leg Hamstring Stretch](#)

\*Click on exercise for example\*



# 2021 WINTER SPORTS TRAINING PROGRAM

## ALPINE SKI



**Special  
Olympics**  
Maine

# WORKOUT 2

## Warm-Up:

(20 seconds each)

1. [Static High Knees](#)
2. [Leg Swings](#)
3. [Alternating Straight Leg Hamstring Stretch](#)
4. [Arm Circles](#)
5. [Walking Lunge with Trunk Rotation](#)



## Workout:

(3 rounds, 30 seconds per exercise)

1. [Bodyweight Jump Squat](#)
2. [Tricep Kickbacks](#)
3. [Skaters](#)
4. [Reverse Lunge](#)

## Cool Down:

(20 seconds each)

1. [Seated Forward Bend](#)
2. [Seated Butterfly Stretch](#)
3. [Hip Flexor Stretch](#)
4. [Single Arm Side Bend](#)

\*Click on exercise for example\*



# 2021 WINTER SPORTS TRAINING PROGRAM

## ALPINE SKI



**Special  
Olympics**  
Maine

# WORKOUT 3

## Warm-Up:

(20 seconds each)

1. [Lunge March with High Skip](#)
2. [Alternating Toy Soldiers](#)
3. [High Skis](#)
4. [Lateral Bounding](#)



## EMOM (Every Minute on the Minute)

(2 rounds)

### Minute 1:

1. [Single Leg Hop "Land and Hold"](#) - 10 reps
2. [Incline Row](#) - 10 reps

REST for remaining seconds in the 1st minute

### Minute 2:

1. [Lateral Line Jumps](#) - 10 reps
2. [Incline Plank Holds](#) - 30 sec

REST for remaining seconds in the 2nd minute

### Minute 3:

1. [Static Squat with Front Raises](#) - 10 reps
2. [Supermans](#) - 10 reps

REST for remaining seconds in the 3rd minute

### Minute 4:

1. [Pallof Press](#) - 10 reps
2. [Incline Plank with Internal Rotation](#) - 5 reps each side

REST for remaining seconds in the 4th minute

## Cool Down:

(20 seconds each)

1. [Supine Knee Flexion Stretch](#)
2. [Frog Sits](#)
3. [Overhead Triceps Stretch](#)
4. [Cross Arm Stretch](#)

\*Click on exercise for example\*