



2021 WINTER SPORTS TRAINING PROGRAM



CROSS COUNTRY SKI

*Special
Olympics
Maine*

WORKOUT 1

Warm-Up: (20 seconds each)

1. [Chest Expansions](#)
2. [Fire Hydrant Circles](#)
3. [Forward Leg Swings](#)
4. [Side Leg Swings](#)



Resistance Exercises: (2 rounds - 10 reps each)

1. [Bodyweight Squats to Calf Raise](#)
2. [Wall Slides](#)
3. [Low Forward Walks to Backward Walks](#)
4. [Triceps Kickbacks](#)
5. [Forward Alternating Leg Bounding](#)

Cool Down: (20 seconds each)

1. [Standing Quadricep Stretch](#)
2. [Downward Dog with Calf Stretch](#)
3. [Overhead Triceps Stretch](#)
4. [Knee to Chest](#)

Click on exercise for example



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WORKOUT 2

Warm-Up:

(20 seconds each)

1. [Alternating Knee-to-Chest Walk](#)
2. Jog in Place
3. [Static High Knees](#)
4. [Alternating Straight Leg Hamstring Stretch](#)



Cardio/Core Training:

1st Round - Set a timer for 5 minutes - how many times can you get through the exercises below?

1. [Ski Jacks](#) (15 reps)
2. [Step ups](#) (15 reps)
3. [Incline Burpees](#) (15 reps)

2nd Round - Set a timer for 5 minutes - how many times can you get through the exercises?

1. [Russian Twists](#) (10 reps)
2. [Glute Bridge](#) (10 reps)
3. [Supine Knee-To-Elbow](#) (10 reps)

Cool Down:

(20 seconds each)

1. [Standing Quadricep Stretch](#)
2. [Runner's Lunge Stretch](#)
3. [Standing Trunk Rotations](#)

Click on exercise for example



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WORKOUT 3

Warm-Up: (20 seconds each)

1. [Jumping Jacks](#)
2. [Static Butt Kicks](#)
3. [Frog Sits](#)
4. [Chest Expansions](#)



Hot Feet Training: (3 rounds)

1. [Squat Pulses](#) (10 reps each side)
2. [Alternating 3-Point Foot Taps](#) (10 reps in each direction)
3. [Skaters](#) (10 reps each side)

Cool Down: (20 seconds each)

1. [Standing Quadricep Stretch](#)
2. [Seated Cross-Leg Forward Bend](#)
3. [Knee-To-Chest](#)

Click on exercise for example