



Getting In Shape To Ski

JE Gale



Getting In Shape To Ski:

Getting in Shape to Ski Hamilton, Tage Pedersen, 1979-10 **Be Fit to Ski** S. Kramer MS, 2015-04-16 Every winter world class racers schuss down race courses at speeds upwards of 80 mph going all out for 2 minutes of racing Die hard recreational skiers spend weekends exhausting themselves to catch that last chair lift ride Professional ski instructors devote their free time to honing skills in technique and tactics to meet specific national standards Regardless of the number of days spend on snow all participate in a sport that demands a balanced combination of peak conditioning in targeted fitness areas called performance abilities endurance strength power speed and agility As part of a thesis for the completion of a Masters degree in kinesiology *Be Fit to Ski* incorporates over 30 years of research on alpine skiing and athletic training toward the development of a year round fitness program The idea of periodization a block training approach using microcycles and macrocycles forms the basis of four training phases that begin in the spring and culminate with the end of the ski season Divided into three sections Basics of Training Performance Abilities and The Training Year this book provides all the necessary answers to develop year round fitness training for skiing that will result in quicker skill improvement and guaranteed more vertical per day **Ski** ,2001-10 *Skiing* ,1968-10 *Ski* ,2004-11 **Skiing** ,1984-11 **Ski** ,2004-11 Ski ,1990-11 **Skiing** ,1969-09 **Skiing** ,1969-10 *Skiing* ,1995-10 **Ski** ,1988-12 **Ski** ,1993-05 **Ski** ,1982-11 **Ski** ,1985-10 *Skiing* ,1967-11 **Ski** ,1992-09 **Skiing** ,1992-09 Skiing ,1981-11 Ski ,1990-06

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