

**PRE-SEASON TRAINING:**

# A WEEK IN THE ALPS

**GET READY FOR THE SKI SEASON WITH FREESKIER HEDVIG WESSEL.**

This is an intermediate 8-week workout program with focus on strength and endurance. Perfect to prepare for a whole week in the Alps. This program requires some gym experience with weights, so make sure to always keep good form. Your reward is great flow in your muscles while skiing.



PeakPerformance®

## DAY 1: LOWER BODY STRENGTH

WORKOUT	NOTES	LOG EQUIPMENT WEIGHT BELOW TO KEEP TRACK OF YOUR WEEKLY PROGRESS!							
		WEIGHT WEEK 1	WEIGHT WEEK 2	WEIGHT WEEK 3	WEIGHT WEEK 4	WEIGHT WEEK 5	WEIGHT WEEK 6	WEIGHT WEEK 7	WEIGHT WEEK 8
<b>WARMUP:</b> 5-10 min easy bike/row/run + 10 min stretching	Focus on stretching hips, hamstrings, thighs and glutes.								
<b>3 SETS X 10 REPS:</b> Barbell Back Squats	Start by warming up with just the bar and do 3 sets with weights. Increase weight by 5-10 kg with every set to the point where you struggle to do more than 10 reps. Rest 2 mins between sets.								
<b>3 SETS X 8-10 REPS/LEG:</b> Bulgarian Split Squats	With dumbbells/kettlebells in both hands. Keep upper body straight and look forward/up. Rest for 90 sec between sets.								
<b>3 SETS X 10 REPS:</b> Dumbbell Deadlifts	With bar or kettlebells. Try to go down slowly and up quickly. It's important to keep a straight back throughout the exercise.								

