

PRE-SEASON TRAINING:

# SKI WEEKEND

GET READY FOR A SKI WEEKEND  
WITH FREESKIER HENRIK WINDSTEDT

This is our entry-level, 4-week program with bodyweight exercises that are easy to master. With focus on lower body and building a strong core, this program is ideal for people who ski once or twice per year.

PeakPerformance®



## WEEK 1

### WORKOUT 1

- 1a: 10 sets of 2 min running or 400 m intervals with 1 min walking between sets.
- 1b: 3 sets of:
  - Wall Sit 45 seconds
  - Air Squats 30 seconds
  - Wall Sit 45 seconds
  - Air Squats 30 seconds
  - Rest 90 seconds

### WORKOUT 2

- 2a: Warmup: 5 min Bike/Ski/Row/Run + 5 min stretch
- 2b: During 30 min, do as many rounds as possible:
  - 400 m rowing
  - 10 Push-ups
  - 15 Squat Jumps
  - 20 Mountain Climbers
- 2c: 3 sets:
  - 15 Sit-ups
  - 12/12 Side Plank Lifts
  - 30 seconds Plank
  - Rest as needed
- 2d: D: 5-10 min Mobility of your choice.

### NOTES

- 1a: The first 3 sets are for warmup, therefore, rest 5 min between set 3 and 4 and use the time to stretch. You should then try to do set 4-10 at the same pace.
- 1b: You must keep your thighs parallel to the floor during the Wall Sit. The Air Squats should be done with your seat coming down below parallel at the bottom of the movement.

### NOTES

- 2a: Focus on stretching inner thighs, hips, glutes and ankles.
- 2b: Do Push-ups on either knees or toes and let your chest touch the floor. Let your seat come down below parallel when doing Squat Jumps while keeping your chest upright. Knees should touch elbows during Mountain Climbers.
- 2c: Try to do the whole series without resting between exercises, rest between rounds instead.

## WEEK 2

### WORKOUT 1

- 1a: Warmup: Run 5 min + 5 min stretch
- 1b: 8 sets of 2:30 min run or 600 m, 2 min walk.
- 1c: 3 sets of:
  - Wall Sit 60 seconds
  - Air Squats 45 seconds
  - Wall Sit 60 seconds
  - Rest 90 seconds

### NOTES

- 1a: Focus on stretching calves, hamstrings, hips and thighs.
- 1b: You should try to run the same distance every set and keep the effort around 80-90 % of your maximum capacity.
- 1c: You must keep your thighs parallel to the floor during the Wall Sit. The Air Squats should be done with your seat coming down below parallel at the bottom of the movement.

### WORKOUT 2

- 2a: Warmup: 5 min Bike/Ski/Row/Run + 5 min stretch
- 2b: For 30 min, do as many rounds as possible:
  - 400 m biking or skiing
  - 10 Push-ups
  - 15 Squat Jumps
  - 20 Mountain Climbers
- 2c: 3 sets:
  - 15 Sit-ups
  - 20/20 seconds of Side Plank Lifts
  - 30 seconds Plank
  - Rest as needed
- 2d: D: 5-10 min of mobility exercises of your choice.

### NOTES

- 2a: Focus on stretching inner thighs, hips, glutes and ankles.
- 2b: Do Push-ups on either knees or toes and let your chest touch the floor. Let your seat come down below parallel when doing Squat Jumps while keeping your chest upright. Knees should touch elbows during Mountain Climbers.
- 2c: Try to do the whole series without resting between exercises, rest between rounds instead.

## WEEK 3

### WORKOUT 1

- 1a: Warmup: Run 5 min + 5 min stretch
- 1b: 6 sets of 4 min run/800 m, 2 min walk.
- 1c: 3 sets of:  
Wall Sit 60 seconds  
Air Squats 60 seconds  
Wall Sit 60 seconds  
Rest 2 minutes

### WORKOUT 2

- 2a: Warmup: 5 min of Bike/Ski/Row/Run + 5-10 min stretch
- 2b: For 30 min, do as many rounds as possible:  
400 m rowing  
10 Push-ups  
15 Squat Jumps  
20 Mountain Climbers
- 2c: 3 sets:  
15 Sit-ups  
12/12 Side Plank Lifts  
30 seconds Plank  
Rest as needed
- 2d: D: 5-10 min Mobility of your choice.

## WEEK 4

### WORKOUT 1

- 1a: Warmup: Run 5 min + 5 min stretch
- 1b: 3 sets of 8 min run or 1,5 km, 2 min walk.
- 1c: 3 sets of:  
Wall Sit 60 seconds  
Air Squats 60 seconds  
Wall Sit 60 seconds  
Rest 2 minutes

### WORKOUT 2

- 2a: Warmup 5 min Bike/Ski/Row/Run + 5 min stretch
- 2b: For 30 min, do as many rounds as possible:  
400 m biking or skiing  
10 Push-ups  
15 Squat Jumps  
20 Mountain Climbers
- 2c: 3 sets:  
15 Sit-ups  
20/20 seconds of Side Plank Lifts  
30 seconds Plank  
Rest as needed

### NOTES

- 1a: Focus on stretching calves, hamstrings, hips and thighs.
- 1b: You should try to run the same distance every set and keep the effort around 80-90 % of your maximum capacity.
- 1c: You must keep your thighs parallel to the floor during the Wall Sit. The Air Squats should be done with your seat coming down below parallel at the bottom of the movement.

### NOTES

- 2a: Focus on stretching inner thighs, hips, glutes and ankles.
- 2b: Do Push-ups on either knees or toes and let your chest touch the floor. Let your seat come down below parallel when doing Squat Jumps while keeping your chest upright. Knees should touch elbows during Mountain Climbers.
- 2c: Try to do the whole series without resting between exercises, rest between rounds instead.

### NOTES

- 1a: Focus on stretching calves, hamstrings, hips and thighs.
- 1b: You should try to run the same distance every set and keep the effort around 80-90 % of your maximum capacity.
- 1c: You must keep your thighs parallel to the floor during the Wall Sit. The Air Squats should be done with your seat coming down below parallel at the bottom of the movement.

### NOTES

- 2a: Focus on stretching inner thighs, hips, glutes and ankles.
- 2b: Do Push-ups on either knees or toes and let your chest touch the floor. Let your seat come down below parallel when doing Squat Jumps while keeping your chest upright. Knees should touch elbows during Mountain Climbers.
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