

Recommended training program for BMR Ski Racers

Daily warm-up:

5-minute jog, 30-second forearm plank, 30-second side plank each side, 30-second hip bridge, 5 minutes of stretching

Day 1

Monster walks with resistance band: 3 sets of 10 steps forward and backward
<https://youtube.com/shorts/cvfy1kiHY58?si=XCb9m0gLL7NBSZNHh>

Banded side steps: 3 sets of 10 steps each direction
<https://youtube.com/shorts/N28Hpdezg7Q?si=ft3yIGKGTObb6Nea>

Shuttle run x 3
<https://youtu.be/fZoJVvUqY3U?si=ugUcHSIG0HOieBQ0>

2 ROUNDS of the following:

Tuck jumps x 10
https://youtu.be/5xv0DKqe5XQ?si=C_lTiY5iM-ouywlk

Jumping lunges x 16
<https://youtube.com/shorts/87ilVYGbxao?si=nIFb4ObR9DS8TWtC>

Single leg squat (to bench or chair) x 10
<https://youtube.com/shorts/AYWWdxaB3s?si=75H3MENwB8i5K2m6>

Push-ups x 15 (can be done from knees - MODIFIED)
https://youtube.com/shorts/jm4D46zQDiM?si=mPcP5_6PWhOmHQDh

Sit-ups x 20

Flutter kicks x30 seconds
https://youtube.com/shorts/6STksxDdSRc?si=GCB_E3_pGHv1SVHk

Day 2

Inchworms w push up x 10
https://youtu.be/VBLLBRPTrfc?si=EC02T0vX_vZ771IP

Down dog toe taps x 10
<https://youtu.be/6-C8WTwUG58?si=Pu-lQz9duzqsHop7>

2 ROUNDS of the following

Jump rope x 50

Air squats x 20
<https://youtube.com/shorts/dVjfUIXK93k?si=bMc0X77RSNPrtbox>

Single leg lateral hops x 12 ea. side
<https://youtube.com/shorts/rz2f1rZtjh8?si=HOTwdc7W0dV-hnes>

Burpees x 10
https://youtube.com/shorts/gYiE_2BtSTg?si=VEQo-U8chknVbMhC

Mountain climbers x 20
<https://youtu.be/kLh-uczlPLg?si=6VOLsSn6OvKxaB1W>

Cherry pickers x 30 seconds
https://youtube.com/shorts/1PHEGven8JM?si=hSSGC1z-7oDxI_CL

Plank hip dips x 15
<https://youtube.com/shorts/MVX-yDxt0IU?si=M3lyhpT4ErSpP-YS>

Day 3

Monster walks with resistance band: 3 sets of 10 steps forward and backward
<https://youtube.com/shorts/cvfy1kiHY58?si=XCb9m0gLL7NBSZNHh>

Banded side steps: 3 sets of 10 steps each direction
<https://youtube.com/shorts/N28Hpdezg7Q?si=ft3yIGKGTObb6Nea>

1-mile timed run

2 ROUNDS of the following:

Tuck jumps x 30 seconds (as many as possible)

Jumping lunges x 30 seconds (as many as possible)

Single leg squat x 10

Push-ups x 1 minute (as many as possible)

Sit-ups x 1 minute (as many as possible)

Flutter kicks x30 seconds

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5-minute jog, 30-second forearm plank, 30-second side plank each side, 30-second hip bridge, 5 minutes of stretching

Day 4

IMPROVE FOOT SPEED AND BALANCE

Inchworms with push up x 10

https://youtu.be/VBLLBRPTrfc?si=EC02T0vX_vZ771IP

Down dog toe taps x 10

<https://youtu.be/6-C8WTwUG58?si=Pu-lQz9duzqsHop7>

Additional recommended foot speed and balance work 2-3x per week if you have access to equipment and/or facility:

2 ROUNDS of the following:

Jump rope x 1 minute (as many as possible)

Air squats x 1 minute (as many as possible)

Lateral single leg hops x 1 minute each side (as many as possible)

Burpees x 1 minute (as many as possible)

Mountain climbers x 20

Cherry pickers x 30 seconds

Plank – 1 minute total hold

There are over 20 different drills to do with a ladder.

<https://www.youtube.com/watch?v=iCTuTZCJyM>

Agility Drills for Fast SL Feet

<https://youtu.be/mpVJnYbZI9E?si=tWYu2yPLM1EluADQ>