

8 weeks until your ski trip: a training plan for two or three sessions a week

Train strength and control twice a week. Add easy endurance work if it fits your week. Increase the workload in small steps, then make it easier again before you travel.

The plan in one paragraph

Schedule sessions A and B with at least one day without strength work between them. Start with two sets, move to mostly three sets from week 3, and change no more than one variable per session. Keep optional endurance work easy. In week 7, reduce the volume. In week 8, do only brief, familiar work if you can keep your usual recovery gap before the trip.

This eight-week plan is a general template for healthy adults who already know basic strength exercises. It does not account for your movement experience, total training load, recovery, or personal circumstances.

Who this template is for

Use this plan if you have about eight weeks, can protect two fixed sessions each week, and have access to a step, a wall, and some floor space. If the exercises are new to you, use week 1 to learn them. If you already train your legs, swap session A or B for comparable work instead of adding it to your week.

Choose your weekly structure first

Two sessions make up the full core. Add the third session only if it does not compete with the rest of your training.

1 Two sessions

Do session A and B with at least one day without strength work between them. For example, Tuesday and Saturday.

2 Three sessions

Put an easy, familiar endurance session between A and B. Drop it first when your week gets tight.

3 You already train

Replace similar lower-body sessions. Count running, cycling, hiking, team sports, and heavy leg training too.

4 The movements are new

In week 1, use support, a smaller range of motion, and two sets. You do not need added weight.

The eight-week calendar · 1–4

The weekdays are examples. Keep the order A - optional C - B instead of squeezing missed sessions together.

WEEK 1 Learn the movements for example, Tuesday · Thursday · Saturday	
Session A	Session A · 2 sets per exercise
Session C · optional	20-30 min. of easy, familiar endurance work
Session B	Session B · 2 sets per exercise
Focus	Find versions you can control without rushing. No added weight and no repetitions to complete failure.
☐ A ☐ C ☐ B _____ / _____	

WEEK 2 Set the rhythm for example, Tuesday · Thursday · Saturday	
Session A	Session A · 2 sets
Session C · optional	25-35 min. of easy, familiar endurance work
Session B	Session B · 2 sets
Focus	Repeat the same versions. If every repetition stays controlled, use the top end of the repetition range for one exercise.
☐ A ☐ C ☐ B _____ / _____	

WEEK 3 Add volume for example, Tuesday · Thursday · Saturday	
Session A	Session A · 3 sets
Session C · optional	30-40 min. of easy, familiar endurance work
Session B	Session B · 3 sets
Focus	Increase only the number of sets. Keep the range of motion, tempo, and added weight the same as in week 2.
☐ A ☐ C ☐ B _____ / _____	

WEEK 4 Settle into the work for example, Tuesday · Thursday · Saturday	
Session A	Session A · 3 sets
Session C · optional	30-40 min. of easy, familiar endurance work
Session B	Session B · 3 sets
Focus	Repeat week 3. If you cannot hold a stable position, choose the easier version instead of adding work.
☐ A ☐ C ☐ B _____ / _____	

The eight-week calendar · 5–8

The weekdays are examples. Keep the order A - optional C - B instead of squeezing missed sessions together.

WEEK 5

Change one variable

for example, Tuesday · Thursday · Saturday

Session A	Session A · 3 sets · one small increase
Session C · optional	35-45 min. of easy, familiar endurance work
Session B	Session B · 3 sets · one small increase
Focus	In both A and B, change only one exercise: one repetition, a little more range of motion, five seconds of hold time, or a light load.
☐ A ☐ C ☐ B ____ / ____	

WEEK 6

Repeat the increase

for example, Tuesday · Thursday · Saturday

Session A	Session A · same as week 5
Session C · optional	35-50 min. of easy, familiar endurance work
Session B	Session B · same as week 5
Focus	Confirm the versions you chose. Do not add a second increase just because one session felt easy.
☐ A ☐ C ☐ B ____ / ____	

WEEK 7

Reduce volume

adapt it to travel and recovery

Session A	Session A · 2 sets
Session C · optional	20-30 min. easy or skip it
Session B	Session B · 2 sets
Focus	Use familiar versions only. No new load, larger range of motion, jump series, or max test.
☐ A ☐ C ☐ B ____ / ____	

WEEK 8

Arrive fresh

only with your usual recovery gap

Session A	One brief, familiar session · 2 sets
Session C · optional	Easy walking or familiar, very light movement
Session B	A brief second session or skip it
Focus	Do not make up missed work. Skip the second session if you cannot keep your normal gap before travel or your week is already full.
☐ A ☐ C ☐ B ____ / ____	

Before A and B: prepare for 5-8 minutes

Use calm, familiar movements. Before the first two main exercises, do one easy practice set with a smaller range of motion.

60-90 sec.	Brisk walk or march Increase the pace until you can still speak normally.
8 reps	Squat to a step Touch the step lightly, then stand back up with control.
6 per side	Shallow reverse lunge Step one foot back briefly, then return to standing without momentum.
8 reps	Hip hinge Push your hips back, keep your back long, then stand up again.
8 reps	Calf raise Lift your heels steadily, then lower them all the way.

Session A: controlled deceleration and posterior chain

Finish every set of an exercise before moving on. Work without time pressure and end the set while you can still control each repetition.



EXERCISE 1

Eccentric step-down

Volume 2-3 × 6 per side · lower for 3 sec.

Rest 60-75 seconds after both sides.

Focus on: Place your whole foot on the step. Lower the free heel slowly, then press back up with control. Keep your pelvis and standing foot steady.

Make it easier: Use a lower step, hold on lightly, or reduce the range of motion.

Selected variation / weight

Note



EXERCISE 2

Single-leg Romanian deadlift

Volume 2-3 × 6 per side

Rest 60-75 seconds after both sides.

Focus on: Push your hips back and extend the free leg behind you. Stop before your back or pelvis shifts.

Make it easier: Rest the toes of your free foot behind you or touch a wall.

Selected variation / weight

Note

Session A: controlled deceleration and posterior chain

Finish every set of an exercise before moving on. Work without time pressure and end the set while you can still control each repetition.



EXERCISE 3

Calf raise

Volume 2-3 × 10-12 repetitions

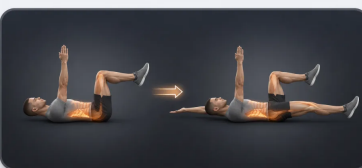
Rest 45-60 seconds.

Focus on: Lift your heels steadily, pause briefly at the top, and lower them all the way. Do not let your ankles roll outward.

Make it easier: Hold on to a wall or start with both legs.

Selected variation / weight

Note



EXERCISE 4

Dead bug

Volume 2-3 × 6 per side

Rest 45-60 seconds.

Focus on: Keep your lower back still. Extend the arm and opposite side slowly, and keep breathing.

Make it easier: Touch only your heel to the floor or move only your legs at first.

Selected variation / weight

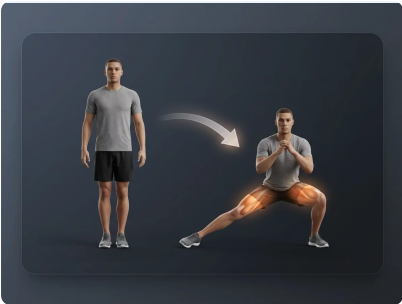
Note

End a set when the repetition breaks down

Stop if you can no longer control your position, range of motion, tempo, balance, or normal breathing. Use the easier version or end the block. This stop rule covers execution quality only. It is not guidance for assessing pain, injury, or medical symptoms, and it does not tell you to continue through pain.

Session B: lateral control and strength endurance

Put the movements that demand more coordination first. The wall sit comes later and does not replace clean form in the dynamic exercises.



Selected variation / weight

Note

EXERCISE 1

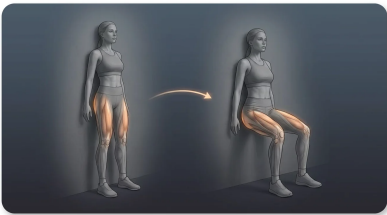
Lateral lunge

Volume 2-3 × 6 per side

Rest 60-75 seconds after both sides.

Focus on: Push your hips back over one leg. Press through the whole working foot to return to the middle.

Make it easier: Use a smaller step and less depth, or hold on to support.



Selected variation / weight

Note

EXERCISE 2

Wall sit

Volume 2-3 × 20-40 seconds

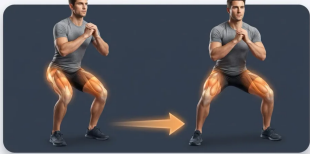
Rest 60 seconds.

Focus on: Choose a height where your feet and knees stay steady and you can keep breathing. End the hold before you need to brace yourself with your hands.

Make it easier: Slide down less far or hold for 15-20 seconds.

Session B: lateral control and strength endurance

Put the movements that demand more coordination first. The wall sit comes later and does not replace clean form in the dynamic exercises.



EXERCISE 3 Lateral steps in a shallow squat

Volume 2-3 × 10-16 steps total

Rest 45-60 seconds.

Focus on: Stay in a shallow squat. Place each foot with control, and point your knees and toes in the same direction.

Make it easier: Stand taller and take fewer or smaller steps.

Selected variation / weight

Note



EXERCISE 4 Single-leg balance with torso rotation

Volume 2-3 × 5 rotations in each direction per side

Rest 45 seconds after both legs.

Focus on: Keep a slight bend in your standing knee. Turn your chest slowly and return to the middle after each rotation.

Make it easier: Touch the wall with one finger and make the rotation smaller.

Selected variation / weight

Note

Session C: endurance work supports A and B, but does not replace them

Choose a movement you already know: cycling, brisk walking, hiking, rowing, or running if running is already part of your training. Stay at a pace where you can speak in full sentences. The calendar deliberately includes no intervals or fixed heart-rate zone.

Increase exactly one thing

More work counts as progress only when you can control the movement. Choose no more than one of these four options per session:

1. Add one repetition

Use the top end of the range for one exercise. Leave the other exercises unchanged.

2. Add a little load

Use a light backpack or small dumbbells for one controlled exercise. Keep the repetitions and sets the same.

3. Increase the range of motion

Increase the step height or depth only as far as your pelvis, knee, and foot stay steady.

4. Hold for five more seconds

Extend only the wall sit. Still finish before you lose the position.

If you miss a session

A complete table is not the goal. Keep the order and the purpose of the week:

1. Do not double up

Do not make up A or B the next day if that puts two strength sessions back to back.

2. Drop the optional session first

Leave out session C and do the next strength session in its planned order.

3. Do not extend the plan

A missed session does not automatically move into week 7 or 8. Continue with the next scheduled session.

4. Note why it happened

Briefly note why you missed the session. That helps more than a calendar that looks perfect in hindsight.

Count your other training too

If you already run, cycle, hike, or train your legs, do not automatically start from zero. Replace comparable work and keep familiar sessions that already serve their purpose. You may need only part of this template.

Weeks 7 and 8: fewer new things, not suddenly nothing

Repeat familiar movements with fewer sets. Do not add a new exercise, added load, jump series, or interval test. The exact reduction is a conservative editorial choice. Tapering research in competitive athletes does not provide a percentage that transfers directly to this recreational ski plan.

What the evidence supports and what remains editorial planning

- [1]

Research on alpine skiing describes the link between technical control, muscular work, and several energy systems. The review focuses mainly on racing, while the study by Koller and colleagues examined 24 healthy, fit recreational skiers after four hours of skiing.
- [2]

The ACSM review supports progressive strength training for healthy adults. Its included interventions lasted at least six weeks. Voluntary strength gains benefited from two or three sets and at least two sessions per week. That does not prove this exercise selection or calendar.
- [3]

You can combine strength and endurance in one program. Training to muscular failure is not required. Warm-up research supports preparatory movement, but does not test these exact five steps.
- [4]

No source tests this eight-week calendar, its exercises, repetitions, rest periods, progression rules, or final phase as a package. Research on tapering in competitive athletes and Suva's exercise selection do not directly confirm it.

Discuss plan changes with the AI Coach

With your permission, the AI Coach can use the Apple Health data you allow together with your saved plan as context. You review lasting plan changes before confirming them.

SlopeReady does not record workouts, GPS routes, or ski technique.

How SlopeReady works

Product behavior checked in the current SlopeReady code on August 12, 2026.

Sources

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2. [2] Koller et al. (2015): strength after four hours of recreational skiing
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3. [3] American College of Sports Medicine (2026): strength training for healthy adults
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4. [4] Grgic et al. (2022): training to muscular failure
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5. [5] Huijberts et al. (2024): combined strength and endurance training
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suva.ch / Wintersport-Fitness

9. [9] SlopeReady terms of use
slopeready.app/terms.html

10. [10] SlopeReady privacy policy
slopeready.app/privacy.html

Updated	2026-08-13
Author	SlopeReady editorial team
Revision note	Editorially refined: a clearer stop rule, a shorter product section, and labelled write-in fields in the printable plan. Exercises, dosage, rest periods, and week sequence are unchanged.