

Four weeks until your ski trip: a plan for two or three sessions each week

Schedule two regular sessions of strength exercises with controlled movement. Add easy endurance work if a third session fits your week. Reduce the volume in the final week.

The plan in one paragraph

In week 1, schedule two strength sessions with controlled movement and optional easy endurance work for 25–35 minutes. In week 2, increase the main exercises from two to three sets and the finisher from one to two rounds; keep range, load, and tempo unchanged. In week 3, change one exercise variable in each session. Week 4 repeats familiar variations with fewer sets. Do not make up a missed session by adding it the next day.

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

Choose the version that fits your week

The third session is an addition, not a requirement. If you already run, cycle, hike, or train your legs, count that work as part of the week.

1 Two sessions

Do session A and session B several days apart. This is the plan's complete base.

2 Three sessions

Place an easy endurance session between A and B. Keep it at a conversational pace and remove it first when your week gets tight.

3 You already train

Replace comparable lower-body sessions. Do not automatically add this plan on top of your current training.

4 The exercises are new to you

Use week 1 as a technique trial: two sets of the main exercises, one finisher round, and no added load.

What four weeks can do

Four weeks give you time to practise movements, establish a regular rhythm, and build some training volume. They do not replace a longer build-up. Much of the general strength-training research examines at least six weeks; no source tested this exact ski plan.

Your four-week calendar

The days are examples for a trip after week 4. Move them as needed, but do not stack session A and B on consecutive days just to catch up.

Week 1

for example, Tuesday · Thursday · Saturday

Session A	Session A · beginner version
Session C · optional	25–35 min easy, familiar endurance work
Session B	Session B · beginner version
Focus for the week	Find a variation you can control for each exercise. Main exercises: 2 sets. Finisher: 1 round. No added load.

☐ A

☐ C

☐ B

Date

Selected variations / weight

Note or reason skipped

Week 2

for example, Tuesday · Thursday · Saturday

Session A	Session A · standard version
Session C · optional	30–40 min easy, familiar endurance work
Session B	Session B · standard version
Focus for the week	Main exercises: 3 sets. Finisher: 2 rounds. Range of motion, load, and tempo stay as they were in week 1.

☐ A

☐ C

☐ B

Date

Selected variations / weight

Note or reason skipped

Week 3

for example, Tuesday · Thursday · Saturday

Session A	Session A · one small progression
Session C · optional	30–45 min easy, familiar endurance work
Session B	Session B · one small progression
Focus for the week	Keep the volume from week 2. In both A and B, change reps, load, range of motion, or hold time for one exercise only.

☐ A

☐ C

☐ B

Date

Selected variations / weight

Note or reason skipped

Week 4

Adjust sessions around travel day and your familiar recovery time

Session A	Session A · 2 sets
Session C · optional	Optional easy walk; no new endurance session
Session B	Session B · 2 sets or skip it
Focus for the week	Use familiar variations only. Finisher: 1 round. No jumps, intervals, max tests, or catch-up sessions. Skip B if it would remove your usual recovery time before the trip.

☐ A

☐ C

☐ B

Date

Selected variations / weight

Note or reason skipped

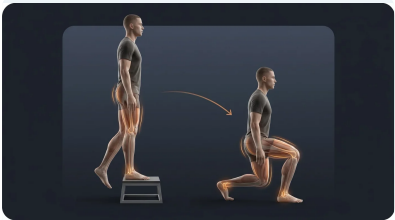
Before A and B: 6 minutes, no jumps

Move through the five steps at an easy pace. Before the first main exercise, do one practice set through a smaller range of motion; it does not count as a working set.

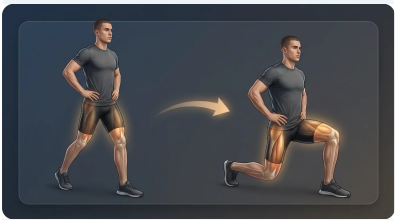
60 sec	Brisk marching Place your whole foot on the floor and let your arms swing loosely.
8 reps	Squat to a step Touch the step lightly, then stand back up. Keep your knees and feet pointing in the same direction.
6 per side	Shallow reverse lunge Step one foot back briefly, then return to standing with control.
8 reps	Hip hinges Push your hips back, keep your back long, then stand tall again.
8 reps	Calf raises Lift both heels with control and lower them all the way down.

Session A: strength exercises with controlled movement

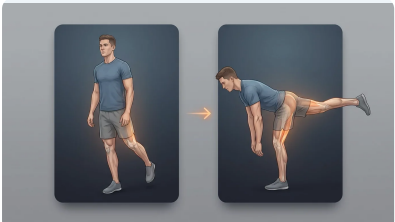
Finish all sets of an exercise before moving on. Start with the main exercises while your balance and concentration are fresh. End each set before you noticeably lose position, range of motion, tempo, or balance.



Exercise 1
Eccentric step-down
Sets and reps Weeks 1/4: 2 × 6 per side · Weeks 2/3: 3 × 6 · 3-second lowering phase
Rest 60–75 seconds after both sides.
Focus on: Stand with your whole foot on the step. Lower the free heel for three seconds, 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.

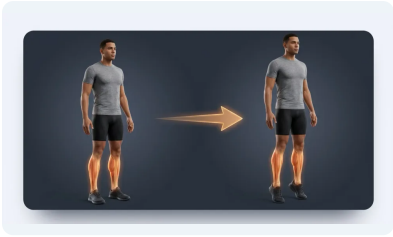


Exercise 2
Forward lunge
Sets and reps Weeks 1/4: 2 × 8 per side · Weeks 2/3: 3 × 8
Rest 60–75 seconds after both sides.
Focus on: Step far enough forward, lower with control, then press back through your whole front foot. Keep your knee and toes pointing in the same direction.
Make it easier: Stay in a split stance, hold on, and move only up and down.



Exercise 3
Single-leg Romanian deadlift
Sets and reps Weeks 1/4: 2 × 8 per side · Weeks 2/3: 3 × 8
Rest 60–75 seconds after both sides.
Focus on: Push your hips back and reach the free leg behind you. Stop before your back or pelvis shifts. Keep a slight bend in the standing knee.
Make it easier: Touch a wall with one hand or rest the toes of your free foot on the floor behind you.

Session A: strength exercises with controlled movement



Exercise 4

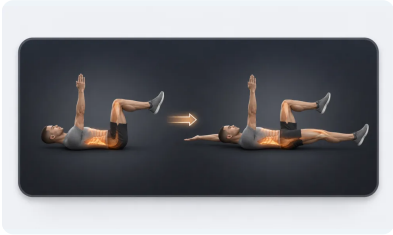
Calf raise

Sets and reps 2 × 12 reps

Rest 45 seconds.

Focus on: Lift both heels with control, pause briefly at the top, then lower them fully. Do not let your ankles roll outward.

Make it easier: Hold the wall and reduce the height.



Exercise 5

Dead bug

Sets and reps 2 × 6 per side

Rest 45 seconds.

Focus on: Keep your lower back still against the floor. Extend the opposite arm and leg slowly while breathing. End the movement before your back lifts.

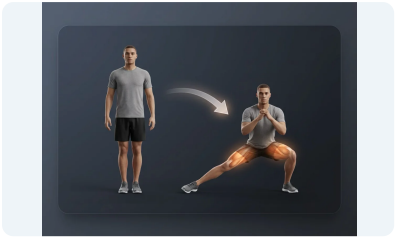
Make it easier: Touch only your heel to the floor, or start by moving only your legs.

End a set when the repetition breaks down

End the set before you noticeably lose position, range of motion, tempo, balance, or the ability to breathe freely. Shorten the range, use the easier variation, or end the block. This rule describes execution quality only; it does not assess pain, injury, or medical symptoms.

Session B: lateral control and strength endurance

This session also starts with the three exercises that demand more coordination. Lateral steps and the wall sit are the short finisher, not the start of the session.



Exercise 1

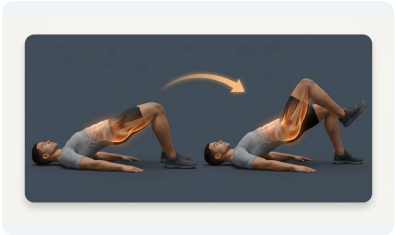
Lateral lunge

Sets and reps Weeks 1/4: 2 × 8 per side · Weeks 2/3: 3 × 8

Rest 60 seconds after both sides.

Focus on: Push your hips back over one leg while the other foot stays on the floor. Press through your whole working foot to return to the centre.

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



Exercise 2

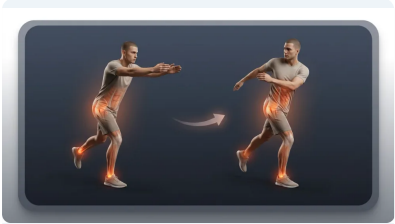
Glute bridge march

Sets and reps Weeks 1/4: 2 × 8 per side · Weeks 2/3: 3 × 8

Rest 60 seconds.

Focus on: Lift your hips. Raise one foot only as far as you can without letting your pelvis drop or tip to one side. Alternate slowly.

Make it easier: Keep both feet on the floor and do 10 regular glute bridges.



Exercise 3

Single-leg balance with torso rotation

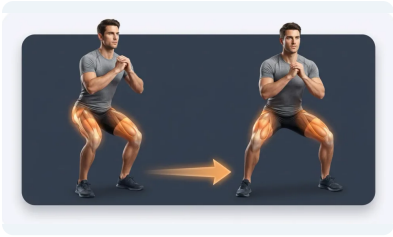
Sets and reps Weeks 1/4: 2 sets · Weeks 2/3: 3 sets · 5 turns right and left on each standing leg

Rest 45 seconds after both legs.

Focus on: Bend the standing knee slightly. Turn your chest slowly, then return to centre after each turn. Keep your knee and foot pointing in the same direction.

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

Session B: lateral control and strength endurance



Exercise 4

Lateral steps in a half squat

Sets and reps Weeks 1/4: 1 round · Weeks 2/3: 2 rounds · 8 steps in each direction

Rest 30 seconds, then continue to the wall sit.

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

Make it easier: Stand taller and take smaller steps.



Exercise 5

Wall sit

Sets and reps Weeks 1/4: 1 × 20–40 sec · Weeks 2/3: 2 × 20–40 sec

Rest 75 seconds; then start the second round.

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 less deeply down the wall or hold for 15–20 seconds.

Session C: keep easy endurance work easy

Choose a movement you already know: cycling, brisk walking, hiking, rowing, or running if running is already part of your training. You should be able to speak in full sentences. If you can manage only short phrases, reduce the pace or resistance. The plan deliberately includes no heart-rate zone or intervals.

Week 3: one variable per session

Keep the same number of sets as in week 2. Choose one main exercise in session A and one exercise in session B for a small change. Keep everything else the same.

1 Add one repetition

Add one rep per side to one exercise without changing the other exercises.

2 Add a small amount of load

Use a light backpack or small dumbbells for one controlled exercise. Keep the sets and reps 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 seconds longer

Extend the wall sit only. Still end the movement before you lose position.

If you miss a session

The calendar needs to work after a busy week. Follow this order:

1 Do not double up

Do not add A or B the next day if that would put two strength sessions on consecutive days.

2 Remove the optional session first

Skip session C and keep the next strength session in its planned order.

3 Do not compress the plan

If only a few days remain before your trip, skip the missed session. Do not stack it into week 4.

4 Keep the note

Write down which session you missed. That is more useful than making the calendar look better after the fact.

Count your other training

Running, cycling, mountain hikes, team sports, and other leg training all use the same week. If you already do two lower-body sessions, replace them with A and B or keep your familiar programme. Do not automatically add this plan on top. Personal adjustment can also mean taking less from this template.

Week 4: travel feeling prepared, not tested

Repeat familiar movements with two sets of the main exercises and one finisher round. Add no new exercise, jump series, or interval test. Skip the second strength session if it would displace your usual recovery time before the trip. Week 4 is deliberately lighter. We chose this amount for the plan; taper research studied different athletes and programmes.

What the sources support and what remains a programming choice

- Research on alpine skiing describes repeated lower-extremity work alongside ongoing technical control. The review concerns racing for the most part; the small study by Koller and colleagues examined 24 healthy, fit recreational skiers after four hours of skiing.

[1] [2]
- The ACSM review supports progressive strength training for strength, local muscular endurance, balance, and physical function in healthy adults. Its included interventions lasted at least six weeks. It therefore does not establish a complete four-week build-up or this exact plan.

[3]
- You can combine strength and endurance work in one programme, but this does not establish a universal weekly order. Training to momentary muscle failure is not a required standard. Warm-up research supports preparatory movement but did not test these six minutes.

[4] [5] [6]
- No source tested this calendar, the two sessions, repetitions, rest periods, progression, missed-session rules, or the reduction in week 4. Taper research in competitive athletes and Suva's exercise selection also provide no direct confirmation. These elements are editorial programme design.

[7] [8]

Discuss changes with the AI Coach

In SlopeReady, you can ask the AI Coach how this template fits your saved plan. As context, it can use your profile, confirmed plan, recent workout summaries, and the recovery signals available from Apple Health.

The Coach can suggest moving or shortening a session, or replacing a catalogue exercise. You see a lasting change before you confirm it. The Coach does not observe your form and knows only the context available in the app.

SlopeReady reads the Apple Health data you permit for analysis and plan support. The app does not write to Apple Health, start live workout sessions, or record workouts, live heart rate, or GPS routes.

Product behaviour verified in the current SlopeReady code on August 12, 2026.

Sources

1. [Turnbull, Kilding and Keogh \(2009\): physiology of alpine skiing](#)
pubmed.ncbi.nlm.nih.gov/19335589/

2. [Koller et al. \(2015\): eccentric strength after four hours of recreational skiing](#)
pmc.ncbi.nlm.nih.gov/articles/PMC5117052/

3. [American College of Sports Medicine \(2026\): strength training for healthy adults](#)
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4. [Grgic et al. \(2022\): training to muscle failure](#)
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5. [Huiberts et al. \(2024\): combined strength and endurance training](#)
pubmed.ncbi.nlm.nih.gov/37847373/

6. [Fradkin, Zazryn and Smoliga \(2010\): warm-up and physical performance](#)
pubmed.ncbi.nlm.nih.gov/19996770/

7. [Bosquet et al. \(2007\): tapering in competitive athletes](#)
pubmed.ncbi.nlm.nih.gov/17762369/

8. [Suva: fitness exercises for winter sports](#)
suva.ch · Wintersport-Fitness

9. [SlopeReady Terms of Use](#)
slopeready.app/terms.html

10. [SlopeReady Privacy Policy](#)
slopeready.app/privacy.html

Updated	2026-08-13
Author	SlopeReady Editorial Team
Revision note	Revised on 13 August 2026: four-week calendar graphic, explicit week 2 progression, a set-ending rule based on visible changes, an exercise-selection link, and larger PDF fields.