

Ski leg workout: a complete session for strength endurance and control

Follow the session from top to bottom. Begin with controlled lowering and single-leg strength, then finish with lateral work, calves and a short isometric hold.

The session at a glance

The standard version takes about 42–47 minutes: a 6-minute warm-up, three main exercises for three sets each, then two rounds of side lunges, single-leg calf raises and a wall squat hold. For your first run, use the 25–30-minute version with two main sets and one finishing round.

First run: 25–30 minutes

1. Keep the full 6-minute warm-up.

3. Complete only one Block B round and hold the wall squat for 20 seconds.

2. Do two sets instead of three for each Block A exercise.

4. Use no extra load. Note which exercise became less controlled first.

What you need before you start

Set everything out before the warm-up. Stability matters more than height when you choose the step.

1	Low step A solid step or platform about 10–20 centimetres high. It must not rock or slide.	2	Support A wall, rail or heavy chair back for the single-leg exercises.
3	Timer Set 30, 60 and 75 seconds. Rest periods are part of the workout.	4	Optional load A backpack or two dumbbells. Add them only after the bodyweight version stays controlled.

Why the exercises come in this order

The most demanding controlled work comes first. The shorter circuit starts after the more technical repetitions are complete.

6 min	Warm up	Raise your temperature and rehearse the movements without extra load.
8–9 min	Control the lowering phase	Do step-downs at a fixed tempo while concentration and balance are fresh.
14–16 min	Build single-leg strength	Complete forward lunges and single-leg Romanian deadlifts as separate sets.
10–12 min	Add strength endurance	Use lateral work, calves and a wall hold for two steady rounds.
2–3 min	Finish	Walk easily and write one short training note.

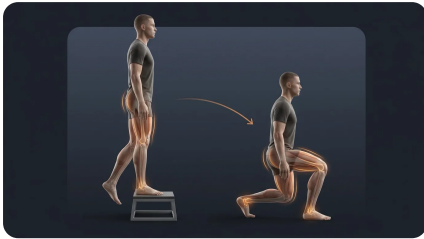
Warm-up: 6 minutes, no jumping

Use a range you can control without shifting around it. By the final step you should feel warmer and still be able to speak normally.

60 sec	Brisk march	Place the whole foot down and let your arms swing naturally.
8 reps	Squat to the step	Touch the step lightly with your hips, then stand. Keep knees and feet pointing the same way.
6 each side	Reverse lunge	Step one foot back briefly, then return to standing. Keep the range shallow.
8 reps	Two-leg hip hinge	Send your hips back, keep your back long and stand by extending through the hips.
8 reps	Calf raise	Lift both heels smoothly, then lower them all the way.

Block A: controlled strength first

Finish every set of one exercise before moving on. This block is not a circuit. Choose a range that keeps the final rep looking like the first, with roughly two clean reps still available.



Exercise 1 · 3 × 6 each side · 3 sec down

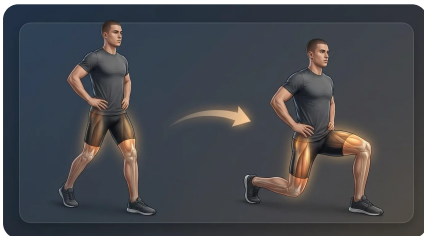
Eccentric step-down

Muscles and task: Quadriceps, glutes and control of the pelvis, knee and foot

Watch for: Keep your whole foot on the step. Lower the free heel towards the floor for three seconds, then return under control. Keep the pelvis and standing foot quiet.

Rest: 60–75 seconds after both sides.

Make it easier: Use a lower step, hold a support lightly or shorten the range.



Exercise 2 · 3 × 8 each side

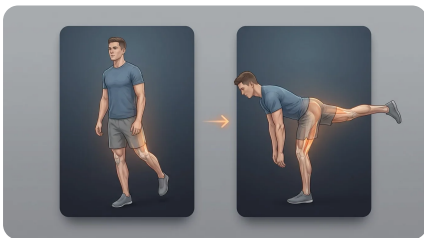
Forward lunge

Muscles and task: Quadriceps, glutes, adductors and single-leg stability

Watch for: Step far enough forward, lower smoothly and push through the whole front foot to return. Keep the knee and toes pointing the same way.

Rest: 60–75 seconds after both sides.

Make it easier: Stay in a split stance, hold a support and move straight up and down.



Exercise 3 · 3 × 8 each side

Single-leg Romanian deadlift

Muscles and task: Glutes, hamstrings, foot and pelvic control

Watch for: Send your hips back while the free leg reaches behind. Stop before your back or pelvis turns away. Keep a slight bend in the standing knee.

Rest: 60–75 seconds after both sides.

Make it easier: Touch a wall with one hand or keep the toes of the free foot on the floor behind you.

Block B: lateral work, calves and a hold

Do the three exercises in sequence. Rest 30 seconds between exercises and 75 seconds after the wall hold, then repeat the round once. The wall hold trains local strength endurance; it does not simulate a ski run.



Exercise 4 · 2 × 8 each side

Side lunge

Muscles and task: Quadriceps, glutes, adductors and lateral movement

Watch for: Send your hips back over one leg while the other foot stays planted. Push through the whole working foot to return to the middle.

Rest: 30 seconds, then move to the calf raise.

Make it easier: Take a shorter step, use less depth or hold a support.



Exercise 5 · 2 × 10–12 each side

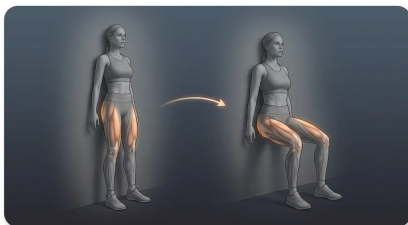
Single-leg calf raise

Muscles and task: Calf, foot and ankle

Watch for: Press evenly through the ball of the foot, lift the heel smoothly and lower fully. Use the support only for balance.

Rest: 30 seconds, then move to the wall hold.

Make it easier: Use both legs or reduce the height.



Exercise 6 · 2 × 20–40 seconds

Wall squat hold

Muscles and task: Isometric strength endurance of the quadriceps and glutes

Watch for: Choose a height where your feet and knees stay quiet and you can keep breathing. Stop before you need to push on your thighs with your hands.

Rest: 75 seconds, then begin the second round.

Make it easier: Stay higher on the wall or hold for only 15–20 seconds.

First run: 25–30 minutes

Use the shorter version to find the right step height, range and exercise variations.

1. Keep the full 6-minute warm-up.
2. Do two sets instead of three for each Block A exercise.
3. Complete only one Block B round and hold the wall squat for 20 seconds.
4. Use no extra load. Note which exercise became less controlled first.

Change one variable per session

If every set stays controlled, choose exactly one change for the next session. Leave the other variables alone.

1	Add one repetition	Add one rep per side to the step-down, lunge or Romanian deadlift.
2	Add a small load	Use a light backpack or small dumbbells. Keep the sets and reps unchanged.
3	Increase the range	Raise the step or move deeper only while the pelvis, knee and foot remain controlled.
4	Hold five seconds longer	Extend only the wall hold. End it before technique breaks down.
5	Add one set or round	Extend either one main exercise or the finishing circuit, rather than the whole workout at once.

How often to use the workout

Count every other lower-body session towards your weekly leg load. This is a template, not an automatic extra workout to stack on top of your current plan.

You already train your legs	Use this session once a week or replace a similar lower-body workout with it.
This is your main leg training	Up to two non-consecutive sessions is a general option. Progress only one of the two sessions at a time.

End the set when the repetition falls apart

Stop when you can no longer control position, range, tempo, balance or normal breathing. Shorten the range, use the easier version or end the block. This rule does not assess pain, injury or medical symptoms.

Finish with one useful note

Walk easily for 2–3 minutes. Record the exercise, variation and last controlled set. Those details help the next adjustment more than how much your legs burned.

This session is a general training template for healthy adults who know the basic strength movements. It does not account for your movement experience, current weekly load or health context.

What the evidence supports, and what remains an editorial choice

- Alpine skiing repeatedly loads the lower-limb muscles. Small recreational-skiing studies describe changing muscle activity across a ski day and lower eccentric strength measurements after several hours. They do not identify one ideal exercise.
- [1] [2] [3]
- Among ski racers, higher critical force was associated with several performance measures. The cross-sectional study shows an association, not causation or target values for recreational skiers.
- [4]
- General resistance-training evidence supports progressive work for strength, local muscular endurance and balance in healthy adults. Reaching momentary muscle failure is not consistently necessary. Warm-up research supports preparatory movement before physical performance.
- [5] [6] [7]
- No source tests these exact six exercises, their order, rest periods or repetitions as one ski workout. The session is an editorial template; Ski Austria provided an additional comparison for accessible winter-sport exercise families.
- [8]

Discuss the adjustment with the AI coach

In SlopeReady, you can ask the AI coach where this session fits in your saved plan. It can use your profile, confirmed plan, recent workout summaries and available Apple Health recovery signals as context.

The coach can propose moving or shortening the session, or replacing an exercise with a suitable catalogue option. You see a lasting plan change before you confirm it. The coach does not observe your movement and knows only the context available inside the app.

SlopeReady reads the Apple Health data you allow for analysis and planning support. It does not write to Apple Health, start a live workout session, or record workouts, live heart rate or GPS routes.

Product behaviour checked against the current SlopeReady code on 12 August 2026.

Sources

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Updated	2026-08-12
Author	SlopeReady editorial team
Revision note	New publication: complete leg session with exercise order, dosage, rest, six catalogue illustrations, first-use version, progression, common mistakes, evidence limits and a printable workout sheet.