

Basic ski preparation plan: 2–3 sessions a week

A printable general example with strength, endurance, recovery, and clear limits

This weekly schedule is a general example of how to organise training, not an individual programme. It does not account for pain, medical limitations, training experience, other training, or recovery.

Three-session week

Day	Session	Time	Purpose
Mon	Strength A	35-45 min	Legs, posterior chain, calves, trunk
Wed	Easy endurance	40-60 min	Steady effort at conversational pace
Sat	Strength B	35-45 min	Lateral hips, balance, upper back
Other days	Rest / optional walk	20-40 min	Recovery, not another required workout

What you need

A mat and a sturdy wall or chair back. Weights are not part of this plan.

If you only have two sessions

Tuesday: complete Strength A. Saturday: use 2 sets for every Strength B exercise, then add 20-25 minutes of easy cycling, running, or brisk walking.

Why this structure

Strength and endurance provide a general base; skiing also challenges the legs, balance, and movement control. ACSM, Huijberts, Turnbull, Koller, and Suva did not test this exact exercise set or dose.

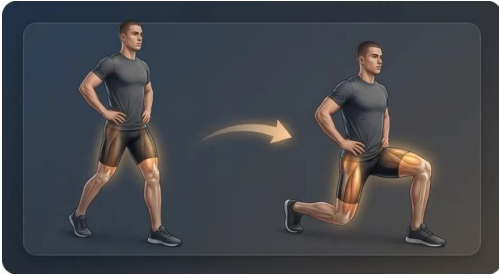
Before strength

Move easily for 5–8 minutes. Then do one rehearsal set for each of the first two exercises through a shorter range. These do not count towards the 3 working sets.

Accessible version

For screen-reader use, read the complete HTML article: slopeready.app/learn/two-three-sessions-per-week.html

Strength A



Forward lunge

Volume: 3 × 10 each side

Rest: 60 sec

Main task: Knee extension and hip drive

Technique: Lower under control; let the front knee follow the toes.



Single-leg Romanian deadlift

Volume: 3 × 10 each side

Rest: 60 sec

Main task: Hip extension and single-leg control

Technique: Hinge from the hip; use support before the back rounds.



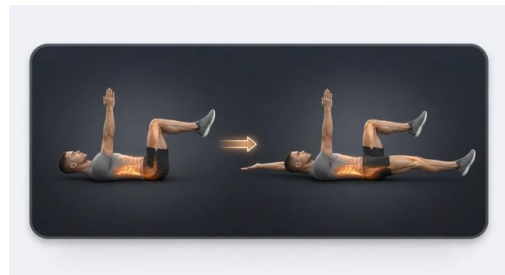
Calf raise

Volume: 3 × 15

Rest: 45 sec

Main task: Calf strength and ankle control

Technique: Rise, pause, and lower slowly without rolling the ankles out.



Dead bug

Volume: 3 × 8 each side

Rest: 45 sec

Main task: Trunk control while the limbs move

Technique: Shorten the reach before the lower back lifts.

Easy endurance

Choose a familiar mode. Cycle for 40-60 minutes, or run easily for 30-45 minutes if you already run without problems. You should be able to speak in full sentences.

Strength B



Lateral squat walk

Volume: 3 × 15 total steps

Rest: 45 sec

Main task: Lateral leg control and hip drive

Technique: Take 8 steps one way and 7 back; reverse the starting direction next set.



Glute-bridge march

Volume: 3 × 10 each side

Rest: 60 sec

Main task: Hip extension and pelvic control

Technique: Lift one foot only while the pelvis stays level.



Single-leg balance with rotation

Volume: 3 × 10 on each standing leg

Rest: 45 sec

Main task: Balance with controlled trunk rotation

Technique: On each standing leg, rotate 5 times left and 5 right, returning to centre.



Prone swimmer (Y-W)

Volume: 3 × 10 complete Y-W sequences

Rest: 45 sec

Main task: Shoulder-blade and upper-back control

Technique: Move from Y to W and back without shrugging or forcing the chest up.

Recovery

Rest is valid. If it feels useful, add a 20-40 minute easy walk or 3-6 minutes of gentle mobility. Do not turn recovery into another hard session.

Adjust it with the SlopeReady AI Coach

The Coach can use your profile, saved plan, recent workouts, and available Apple Health recovery data to propose changes. You review a lasting change before it is applied. It cannot see technique, pain, ski-boot fit, missing data, or your complete medical condition.

Stop and get help

Stop and contact a doctor: Stop for acute or joint pain, numbness, repeated weakness, or other unusual symptoms. A doctor can assess the symptoms and appropriate activity. Ask a physiotherapist about persistent musculoskeletal pain or return after injury, and a trainer about technique after medical concerns are ruled out.

Call your local emergency number now: Get emergency help for sudden or persistent chest pain or pressure, severe shortness of breath, fainting, confusion, or being unable to speak normally because of breathlessness. Sources: American Heart Association and MedlinePlus.