

Set the Foundation of Your Conditioning Program

To maximize the benefits of a conditioning program, you need to plan a structure that keeps you motivated, fits into your lifestyle, and includes activities you enjoy.

To accomplish this, ask yourself the following:

1. What motivates you to condition?
2. What is your current state of fitness and health?
3. Do you have any injuries that need to be considered?
4. What body areas are weak or out of balance?
5. How much time can you realistically commit to a conditioning program?
6. What types of conditioning exercises do you like?
7. Will you be training at a club gym or in your home?

To stay motivated, clearly define and write down what you want to accomplish. For example, you may want get stronger or more agile. But if you don't identify measurable goals that you can track as you train, you'll find that maintaining your enthusiasm will quickly diminish.

Keep in mind that setting up an off-season training program is different than an on-season program. Off-season training focuses on conditioning gains and, while on-season conditioning focuses on maintaining condition and balancing muscle groups to prevent injuries.

One quick note about how much time it takes for a conditioning program to be effective; far less than most people realize. You can make conditioning gains with time commitments as little as two hours spread through the week. You just have to set up a program that is very efficient and effective. The less time you have, the more important it becomes to select some exercises that target multiple muscle groups and others that target your specific goals.

Once you decide your conditioning goals and how much time you can commit, the activities you enjoy most and where you'll train you are ready to plan your program.

If you have any questions about this article, feel free to contact us at customerservice@wakeup2ski.com

Make it a great day!