

The Long Haul: Year-round Conditioning

Start Today

Boost your body's strength and endurance year-round with a focus on core muscle development and balance exercises, as well as nutrition. Strong core muscles make most physical activity easier. Muscles require the proper fuel and hydration to stay strong and perform at their best.

Core & Balance Exercises/Activities:

Squats & Lunges

Push-ups

Abdominal Crunches

Bridges

Yoga

Pilates

Roller-blading

Trampoline



Photo courtesy of Sunday River

These not only help keep your balance, but keep your midsection lean, aid in deep breathing and keep you fit all year. Enhance the exercise with a fitness ball or a resistance band.

Nutrition

When on the slopes, snack throughout your day, making sure to have plenty of carbohydrates and protein. Limit sugar intake, but don't eliminate it entirely. Throughout the year keep to a diet with a mix of lean protein, fats, carbs and plenty of fruits and vegetables.

Whether you ski, ride or participate in any wintertime activity, the key to having a great winter is to start conditioning your body early.

About Advanced Orthopaedics & Sports Medicine

The expert source for individualized care of sports injuries, Advanced Orthopaedics and Sports Medicine (AOSM) specializes in the treatment of knee, shoulder and other joint-related injuries.

Choose AOSM, where care and experience connect to quickly return patients to their active lives.

AOSM's founder, Dr. F. Lincoln Avery, has over 20 years experience treating sports-related injuries. That's why the U.S. Alpine Ski Team looks to Dr. Avery for their orthopedic needs, both on and off the mountain.



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Photo courtesy of Sunday River

Maximize Your Winter Performance



Get Your Body Ready



Enjoy a full season on the snow
with this complimentary guide to
winter conditioning.

Compliments of Dr. F. Lincoln Avery
Physician to the U.S. Alpine Ski Team

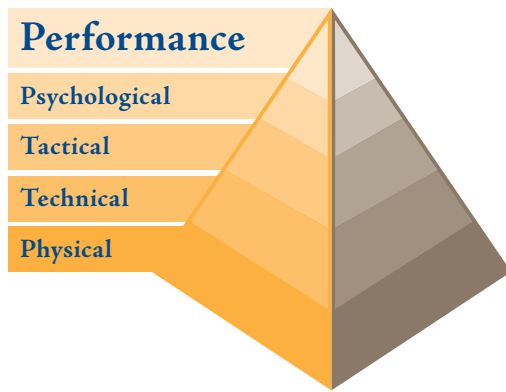


Winter Conditioning

Getting the most out of your body for the full winter season is everyone's goal. Here are a few tips to help you condition your body both pre-season and in-season to get you up on the slopes and to keep you there.

The Performance Pyramid*

Four different types of preparation go into your performance when skiing and riding:



Psychological Preparation—

Ability to handle stress and react to the unexpected

Tactical Preparation—

Knowing and executing proper technique

Technical Preparation—

Knowing and using proper equipment and skill

Physical Preparation—

Building endurance, power and strength

Physical conditioning is the foundation for peak performance. Neglecting this first level of the pyramid may cause overall performance to suffer.

*Adapted from the U.S. Alpine Ski Team

Start Now: Pre-Season Conditioning

Conditioning early makes all the difference in your physical preparation: building up strength, endurance and power.

Getting the most from your body means adopting fitness routines that involve both *aerobic* and *anaerobic* activities.

Aerobic Power (or cardio) activities improve the cardio-vascular system, i.e. blood flow and oxygen that muscles need. Activities include cycling, running, etc.

Anaerobic Power activities build physical strength and endurance through muscle fatigue and recovery. Activities include core strengthening, weight training and speed work.

It is important to work all the muscle groups needed for winter sports including: Quadriceps, Hamstrings, Abdominals, Back, Hips and Arms.

Strength-Building Exercises:

Crunches	Side Bends
Hamstring Curls & Stretches	Sit-Ups
Lateral Leg Lifts	Squats
Leg Press	Windmills
Push-Ups	Wood Choppers

Endurance-Building Exercises:

Cycling	Rowing machine
Eliptical	Running
Jumping Rope	Stair-stepper
Nordic Ski Training	Swimming

Keep It Up: In-Season Conditioning



Equipment Tips

- Keep your skis/board tuned and waxed for peak efficiency.
- Have equipment properly sized with performance level matched to ability.
- Maintain proper bindings keeping them clean and adjusted.
- Wear proper eyewear/goggles for maximum visibility.
- Dress in layers to adapt to changing conditions and temperature.

Hydration

Proper hydration starts before you begin sweating. Make sure to keep plenty of fluids in your system before, during and after a day on the slopes. Limit the use of caffeine.

And, save the alcohol for après since it cools your body and clouds your judgment.

Daily Stretching

Keeping limber is especially hard in cold weather. Give yourself plenty of stretching and warm-up time before the first run. While skiing and riding, stretch briefly before each run as soon as you get off the lift.