

# *Next Season Starts Now*

We, at ELITEAM, hope you had a great Winter of training and racing, but also took time to enjoy free-skiing with your family, friends and teammates. When you reflect on your season, we hope you can say that you pushed your limits in training and gave it your all on race days!

Next ski season starts NOW with a focus on Sports Physiology. For the next 6 months you have the opportunity to work on improving your overall fitness, so when you return to snow next season, you can make even bigger gains in your technical training.



By working on your Power, Anaerobic and Aerobic fitness, Strength, Agility, Endurance, Flexibility, Mobility and Core strength, you'll be able to do so much more when you get back on skis. Just think how great it will feel to power through ruts instead of being thrown off course. Or how cool it will be to lay down a clean arc on some gnarly ice. Or how much confidence you'll have knowing you possess the power and energy to blast every turn in a GS course. A focus on fitness now will absolutely make you a much stronger and better skier in 2020!

**It's JUNE!** To get you started, try this simple (but very effective) exercise routine three times a week. It only takes about 20 minutes. You don't have to do each exercise all at once. If needed, break it down into multiple sets. (Ex. Do 5 sets of 20 burpees.)

- 100 Burpees – one of the best complete body workouts that can be done anywhere.
- 100 Tuck Squats – ski specific and you can work on your aerodynamics at the same time
- 50 Push-ups – It's OK to start with knee push-ups. The key here is quality, not quantity. We want correct form!
- 5 x 30 second planks – switch it up with any kind of plank but keep that body straight!

Best time to do this is first thing in the morning. Get up and get going! Not only will you build strength, but you'll have accomplished something special before 9AM!!!

Check back here monthly for ELITEAM's updated workouts, info and videos.

It is not easy,  
but it is worth it.  
Now repeat that  
everyday.