



STRONGER ON THE SLOPES

IN-SEASON STRENGTH & INJURY PREVENTION
GUIDE FOR SKIERS & SNOWBOARDERS

Stay strong.
Reduce fatigue.
Prevent injuries.
Perform better — all season long.

Start Training Smart



www.alfredoscarlata.com



WELCOME

If you're already skiing or snowboarding this season, your body is under constant load.

Long ski days, deep knee angles, high speeds, and repeated deceleration create fatigue — and fatigue increases injury risk.

This guide gives you a simple, structured way to:

- Maintain strength during the season
- Reduce knee and back stress
- Improve stability under fatigue
- Recover faster between ski days

Short sessions. Maximum impact.

ALFREDO SCARLATA

Sport Scientist & Performance Coach



WHAT HAPPENS DURING SKI SEASON

Skiing and snowboarding demand:

- Continuous quad loading
- Deep knee flexion
- Rotational core control
- Impact absorption
- Balance under fatigue

Common in-season problems:

- Sore knees
- Tight hips
- Lower back discomfort
- Weak turns later in the day
- Multi-day fatigue crash

Strategic maintenance training prevents this.



THE 20-MIN IN-SEASON MAINTENANCE WORKOUT

Perform 2x per week between ski days.

Warm-Up (4 Minutes)

Jumping Jacks – 45 seconds

Hip Circles – 30 seconds

Bodyweight Squats – 15 reps

Light Skater Steps – 30 seconds

Strength & Stability Circuit

Complete 3 rounds.

Slow Squats (3–4 seconds down) – 10 reps

Reverse Lunges – 8 reps per side

Wall Sit – 45 seconds

Skater Jumps – 8 reps per side

Plank – 40 seconds

Single-Leg Balance – 30 seconds per side

Rest 60 seconds between rounds.

Focus on control, alignment, and stability — not exhaustion.



QUICK 5-MIN RECOVERY ROUTINE

(After Ski Day)

Perform this after skiing or before bed.

Hip Flexor Stretch – 30 seconds per side

Hamstring Stretch – 30 seconds per side

Calf Stretch – 30 seconds per side

Thoracic Rotations – 10 reps per side

Child's Pose – 60 seconds

This reduces stiffness and improves next-day mobility.



“Recovery is training — especially during the season.”

Alfredo Scarlata

Sport Scientist



WHY MAINTENANCE TRAINING WORKS

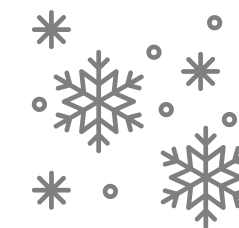
Most people only train before the season.
But real performance comes from maintaining
strength during the season.

Short 20-minute sessions 2x per week can:

- Improve knee stability
- Reduce muscle fatigue
- Support joint alignment
- Increase endurance on long ski days

Consistency beats intensity.





POST-SKI RECOVERY ROUTINE

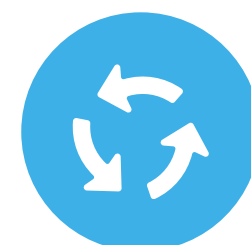
5 minutes of mobility can dramatically reduce next-day stiffness.



Hip Flexor Stretch – 30 sec per side



Hamstring & Calf Stretch – 30 sec per side



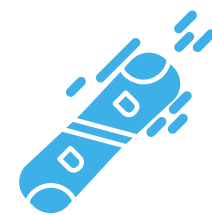
Thoracic Rotation – 10 reps per side

SKI DAY ENERGY STRATEGY

Avoid long breaks.
Short movement resets prevent the 2PM crash.
Fatigue increases injury risk.

Hydrate every
60–90 minutes

Eat protein +
carbohydrates
at lunch





INJURY RED FLAGS

Stop training and consult a professional if you experience:

- ✓ Sharp knee pain
- ✓ Swelling
- ✓ Locking or instability
- ✓ Radiating back pain
- ✓ Numbness or tingling

Soreness is normal.
Instability is not.



WANT A STRUCTURED STEP-BY-STEP PLAN?

This guide gives you the foundation — but if you want a complete in-season training system that's easy to follow at home, join my Udemmy course:

Ski & Snowboard Conditioning: Get Fit for the Slopes

In this **program** you will learn how to:

- Build functional leg strength for carving, braking, and impact absorption on the slopes
- Improve balance, ankle stability, and whole-body control for both skiing and snowboarding
- Strengthen your core to enhance alignment, rotation control, and reduce back strain
- Perform ski- and snowboard-specific movement drills with proper technique
- Apply effective warm-up, mobility, and stretching routines for winter sports
- Reduce the risk of common injuries such as knee strain, ankle instability, and lower back pain
- Prepare physically with equipment-free training that works anywhere
- Feel more confident and in control on the mountain

