

CAN FREE TEAM



PHYSICAL TRAINING GUIDELINES

The information in this package provides some guidance on planning physical training on a year round basis so to promote athlete technical performance in training and competition for the Train to Train athlete. The information has been broken down into the following areas:

- Year Round Performance Plan (Yearly Planning YPI)
- Guidelines for planning physical training during Technical Camps
- Guidelines for planning physical training during the Competition Season
- Example Technical Training Camp Building Cycles (based on a 3 days on, 1 day off schedule)
- Also – please refer to the Example YPI on the CFSA CanFree TEAM website – in the “TOOLBOX” <http://freestyleski.com/wp/club/can-free-team/>

**** Coaches will need to create their Performance Plan to reflect their specific program needs.***



YEAR ROUND PERFORMANCE PLANNING

General notes when planning training sessions:

- ❖ Always plan a WARM UP for all training sessions: technical or physical.
- ❖ Ensure the training environment is safe.
- ❖ Make you have all the equipment needed for the training session.
- ❖ Be aware of athlete fatigue: lack of motivation from fatigue or laziness? fatigue from lack of proper recovery, injuries and so on.
- ❖ Make sure athletes are prepared for the session: water, proper equipment and clothing, snack...
- ❖ Always plan a WARM DOWN session to promote recovery of that session.

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YEAR ROUND PERFORMANCE PLANNING



Physical Training



Technical Training Camps



Comp Focus

MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL
PREPARATION							COMPETITION				
TRANSITION	GENERAL PREPARATION	SPECIFIC PREPARATION		PRE COMPETITION PREP		REGULAR COMPETITION PREPARATION					
MAY – AUG TRAINING FOCUS <ul style="list-style-type: none"> •General conditioning, •Build strength, •Build Aerobic •Build Coordination & Balance •Develop fundamental technical skills 				SEPT – NOV TRAINING FOCUS <ul style="list-style-type: none"> •Improve technical skills •Develop competitive skills: tactics, strategies, psychological • Develop sport specific physical abilities •Build Motor Abilities •Build Anaerobic •Build Speed & Max Strength 			COMP SEASON FOCUS <ul style="list-style-type: none"> •Recovery / Regeneration •Ongoing assessment of weaknesses; competitive, technical and physical •Mental / Emotional management •Maintain physical levels 				

See full details in the TEAM TOOLBOX under Example YPI at this link: <http://freestyleski.com/wp/club/can-free-team/>

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YEAR ROUND PERFORMANCE PLANNING Cont'd

ATHLETIC ABILITIES	DEVELOPMENTAL AGE IN YEARS															
		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Aerobic Power (intense, short efforts of 2-10 min)	F	☹	☹	☹	☹	☹				☺	☺	☺	☺			
	M	☹	☹	☹	☹	☹	☹				☺	☺	☺			
Aerobic Endurance (long efforts)	F	☹	☹	☹	☹		☺	☺	☺	☺						
	M	☹	☹	☹	☹	☹		☺	☺	☺	☺					
Speed-Endurance	F	☹	☹	☹	☹	☹			☺	☺	☺					
	M	☹	☹	☹	☹	☹	☹			☺	☺	☺				
Strength-Endurance	F	☹	☹	☹			☺	☺	☺	☺	☺	☺				
	M	☹	☹	☹			☺	☺	☺	☺	☺	☺	☺			
Maximum Strength	F	☹	☹	☹	☹	☹	☹	☹			☺	☺	☺			
	M	☹	☹	☹	☹	☹	☹	☹	☹	☹		☺	☺	☺	☺	
Speed-Strength (muscular power)	F	☹	☹	☹	☹	☹	☹	☹	☹			☺	☺	☺		
	M	☹	☹	☹	☹	☹	☹	☹	☹				☺	☺	☺	
Flexibility: always important	F	☺	☺	☺	☺	☺										
	M	☺	☺	☺	☺	☺										
Speed (efforts of 8 seconds or less)	F	☺	☺	☺			☺	☺	☺	☺						
	M		☺	☺	☺				☺	☺	☺	☺				
Speed (fast cadence of movement, short efforts)	F	☺	☺	☺												
	M	☺	☺	☺												
Agility/Balance/Coordination	F	☺	☺	☺	☺	☺										
	M	☺	☺	☺	☺	☺										
Basic Techniques	F			☺	☺	☺	☺	☺								
	M				☺	☺	☺	☺	☺							
More Advanced Techniques	MF							F	FM	☺	☺	☺	☺			
Tactics and Decision-making	F	☹	☹	☹					☺							
	M	☹	☹	☹					☺							

LEGEND:

Optimal Training Age ☺

Should be avoided ☹

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Not a Priority

In Moderation

As needed by Freestyle

(Freestyle needs are explained further in this package and progressed in CompDev Coach Programming)

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YEAR ROUND PERFORMANCE PLANNING

WARM UP:

An adequate Warm Up should be conducted prior to technical training and should begin off-snow and completed on-snow

- The duration of the Warm Up should be 15 to 30 minutes long, depending on the parameters of the training session.
- The Warm Up should consist of the following:
 - 5-10 minutes of general aerobic exercise
 - 5 minutes of Dynamic Flexibility
 - 5 minutes of Movement Preparation/activation exercises
 - 2-3 minutes of Sport Specific agility/quickness/plyometric exercises
 - 1-3 warm up runs on snow
- To avoid building fatigue, the activities in the Warm Up must be kept low volume and short duration

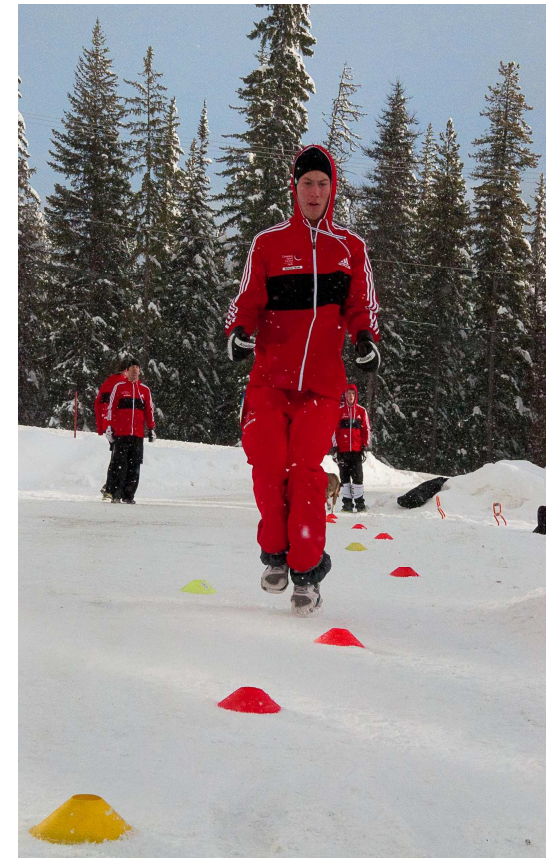
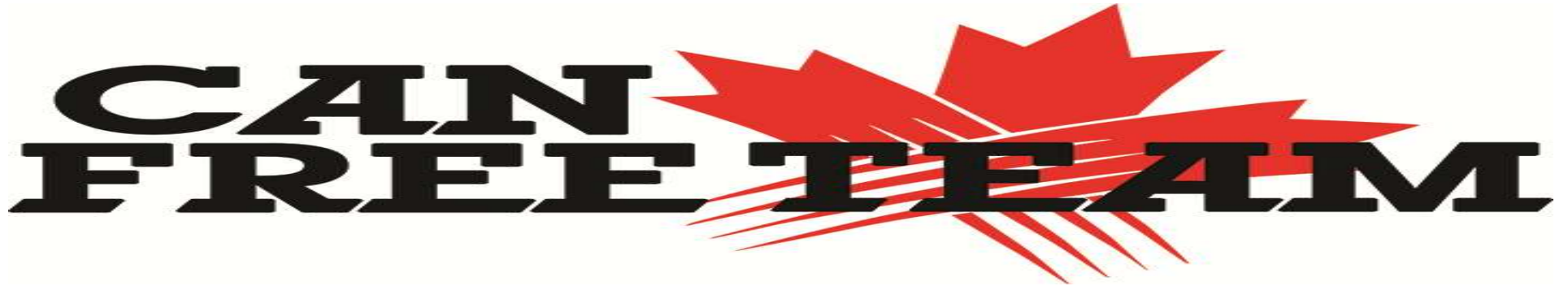


Photo by Jessica Aldeghieri



GUIDELINES FOR TECHNICAL TRAINING CAMPS

- The physical training focus during training camps should continue to target those fitness characteristics targeted during that specific phase of the off-season (e.g. general strength during training camps that are within the General Preparation Phase) Explained in the Chart on page 3 of this package.
- Because the focus of technical training camps is on the development of skills, the volume of physical training should remain low to moderate to minimize levels of fatigue
- Because the on-snow training is the priority, the majority of physical training should be conducted after all technical training is complete

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GUIDELINES FOR TECHNICAL TRAINING CAMPS

Physical training during technical training camps should include the following:

("cycle" refers to 3 days of skiing with day off before & after)

➤ AEROBIC TRAINING

HOW: 45-60 minutes of: cycling, jogging, aerobic based team sport, etc

WHEN: 1-2x / cycle, in the afternoon before a day of technical training

More exercises to
come in the future

➤ RESISTANCE TRAINING

HOW: 2-3 sets per exercise depending on fatigue levels & load.

WHAT: check out the exercises at this link <http://www.canfreestyle.com/wiki/category/exercises/>

LOWER BODY

WHEN: 1x/cycle- last day of skiing cycle in the afternoon – before the day off, circuit format is best.

"Circuit" is alternating exercises by body section, so circuit lower body with core exercises.

UPPER BODY

WHEN: 1-2x/cycle, can be performed before a day of technical training

CORE

•**WHEN:** 1 – 2x/cycle, can be performed before a day of technical training, try to fit it in every 2-3 days.



Physical training during technical training camps cont'd

➤ **MOTOR ABILITIES TRAINING** (Agility, Balance, Coordination) <http://www.canfreestyle.com/wiki/agility-ladder-drills/>

WHEN: 1-2x/training cycle (can be part of resistance training session, warm up, and/or as its own session),

HOW: agility ladder drills, balance training, coordination training (e.g. movement skills, squat technique, etc)

➤ **FLEXIBILITY**

WHEN: Static Stretching can be performed at the end of each training day (no movement during the stretch)

HOW: 2 reps per stretch, hold each stretch 30-60 seconds

➤ **RECOVERY ACTIVITIES**

WHEN: After the warm down of training, in the evening – before bed time, a day off

HOW: Active recovery strategies: Light 15 minute aerobic activity, stretching, spinning on a bike, swimming
Passive recovery strategies: hot & cold bath, massage, sauna, steam room..

➤ **PLYOMETRIC TRAINING**

Due to the amount of impact involved in Freestyle Skiing during technical camps, the volume of plyometric training camps should be kept VERY low and should only be performed in the afternoon before a day off. This would take the place of lower body resistance training as well.

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GUIDELINES FOR TECHNICAL TRAINING CAMPS Cont'd... SEQUENCING ACTIVITIES

To maximize the benefits created from each exercise, it is important to prioritize the activities. Following an adequate warm up, the training session should be organized with the following order:

1. Skill Training: new techniques or movement patterns
2. Balance, agility, coordination, or speed
3. Speed-endurance
4. Strength
5. Strength-endurance
6. Aerobic fitness
7. Flexibility

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EXAMPLE MICROCYCLES

TECHNICAL TRAINING CAMP

HIGH VOLUME Training Cycle (physical training on every ski day)				
	Day 1	Day 2	Day 3	Off
1 st	Resistance: upper body & core	Aerobic	Resistance: Lower body	
2 nd	Flexibility	Flexibility	Flexibility	

LOW VOLUME Training Cycle (physical training on 1 out of 3 training days)				
	Day 1	Day 2	Day 3	Off
1 st	Flexibility	Active Recovery	Resistance: whole body	
2 nd		Flexibility	Flexibility	



GUIDELINES FOR COMPETITION SEASON

The Physical Training focus during the competition season is **MAINTAINING** fitness levels – not improving, although some improvements may happen naturally, the challenge is maintaining everything that was built through the training season.

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GUIDELINES FOR COMPETITION SEASON

LOWER BODY STRENGTH: Performed every 7-10 days, before a day off only.

During periods with numerous competitions in consecutive weeks, this is best performed on the day after the competition and before a day off

UPPER BODY STRENGTH: 3 – 4 days, good to do this in circuit style training with Upper Body.

CORE TRAINING: every 3-4 days

AEROBIC TRAINING: every 6-7 days

FLEXIBILITY: daily after training while muscles are still warm.

RECOVERY: For sure in the afternoon before every competition – but most days is best.

Active recovery strategies: Light 15 - 20 minute aerobic activity, stretching, spinning on a bike, swimming

Passive recovery strategies: hot & cold bath, massage, sauna, steam room.

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At the Train to Train level most athletes are attending the competition for the week. Here is what a typical competition cycle looks like and how a coach should plan to maximize performance and recover from the cycle.

Remember: it is how the athlete prepares in the days leading up to the event that will give them the tools for a great performance

EXAMPLE OF A COMPETITION CYCLE

TIME OF DAY	Recovery Day	Travel Day	Day 1 Train	Day 2 Train	Day before COMP	CompDay	CompDay	RECOVERY
AM	Recovery Workout	Activity breaks throughout the day when possible	Ski	Ski: Light volume	Ski: Very light volume	COMPETE	COMPETE	Active Recovery
PM	Stretch	Active Recovery & Stretch	Upper Body & Core Circuit Stretch	Aerobic & Recovery Stretch	Active & Passive Recovery	Passive Recovery & Stretch	Active Recovery with Stretch	Lower Body & Stretch

If arrival is earlier you may want to plan a recovery day 2 days before the Competition.

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