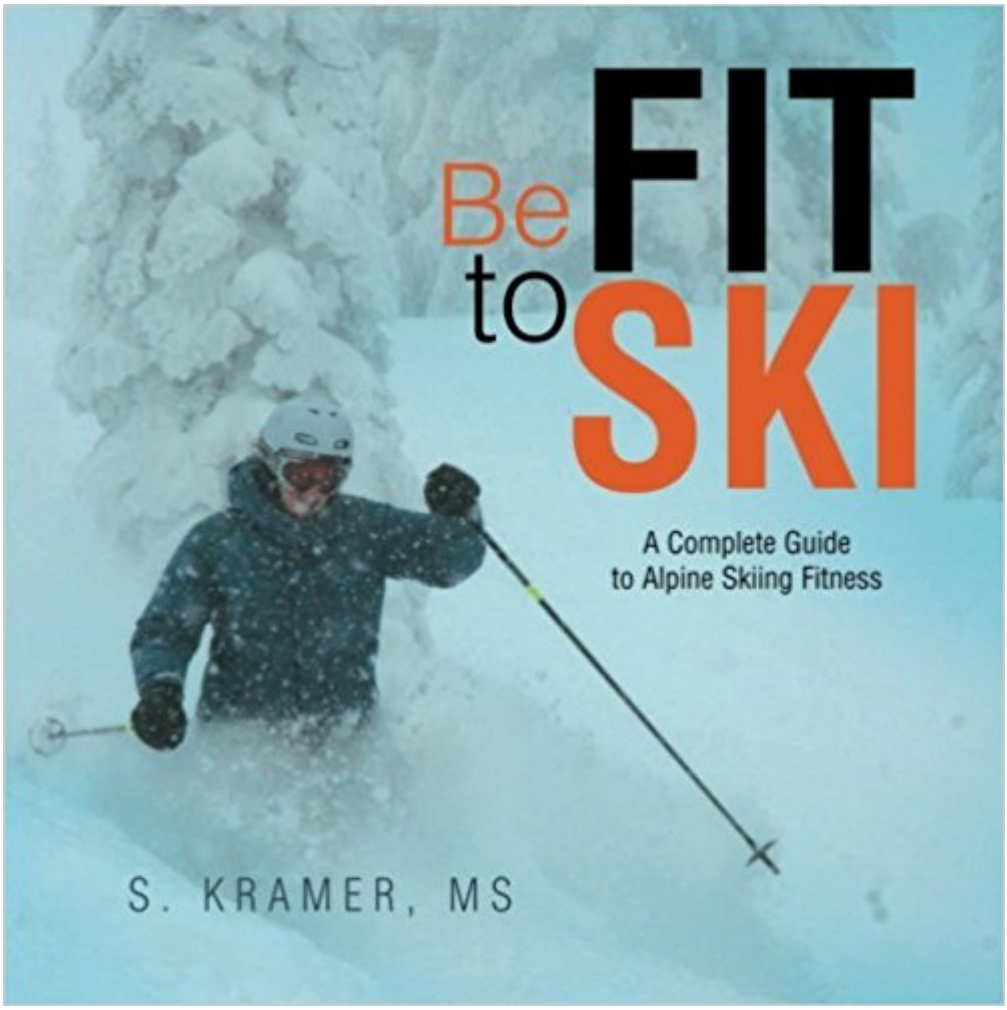
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Be Fit To Ski: The Complete Guide To Alpine Skiing Fitness



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Synopsis

Every winter, world-class racers schuss down race courses at speeds upwards of 80 mph, going all-out for 2 minutes of racing. Die-hard recreational skiers spend weekends exhausting themselves to catch that last chair-lift ride. Professional ski instructors devote their free time to honing skills in technique and tactics to meet specific national standards. Regardless of the number of days spend on snow, all participate in a sport that demands a balanced combination of peak conditioning in targeted fitness areas, called performance abilities- endurance, strength, power, speed and agility. As part of a thesis for the completion of a Masters degree in kinesiology, Be Fit to Ski incorporates over 30 years of research on alpine skiing and athletic training toward the development of a year-round fitness program. The idea of periodization, a block-training approach using microcycles and macrocycles, forms the basis of four training phases that begin in the spring and culminate with the end of the ski season. Divided into three sections, Basics of Training, Performance Abilities, and The Training Year, this book provides all the necessary answers to develop year- round fitness training for skiing that will result in quicker skill improvement and guaranteed more vertical per day.

Book Information

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Customer Reviews

Sue Kramer has worked in the ski industry as a ski instructor and race coach since 1985. Over the past few decades she has reached the highest levels of certification as a ski instructor and has become an Examiner with the Professional Ski Instructors of America (PSIA) organization, travelling all over New England to coach other instructors. In addition to training instructors, she is a certified race coach, working with young athletes under the age of 16 and educates other United States Ski

Association (USSA) race coaches on fundamental skills and coaching methodology for working with young athletes. Wanting to know more of how the body moves, she enrolled in a Masters program in kinesiology while training to compete for a spot on PSIA's 2012 national team. The idea for this book evolved from her off-snow training in preparation for the team selection. Following the sound concepts presented in this book she has been able to continue to ski at the highest level of performance. Kramer lives in southern Vermont with her husband and three cats, and has two grown stepchildren.

Well researched and solid approach to alpine ski training, core content is very good. Let down somewhat by poor editing (e.g. "annual year"). The text uses a very Ameri-centric tone that assumes skiing only occurs in the US seasons and no one would ski or live in both hemispheres!

Way too complicated for me. I wanted some simple exercises to do in the gym.

Well written book. Plenty of background info if you want to understand things more deeply. Also, a great index that can be used for quick reference to questions. m.heller

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