



# Alpine Fall Training Program

Ages 13+

Born 2010 Or Earlier

It is time to start building your strength and conditioning for next ski season!

Athletes will use our Bill Healy Training Facility. The schedule is Monday-Friday time TBD. The fall session runs September 11 through November 10. This program is designed for athletes age 13 and older (born in year 2010 or earlier). Workouts will take place both inside and outside, so wear appropriate clothing and shoes. Of course always bring a water bottle.

Kent Towleron and/or Ian Lambert will head up coaching the Fall Training Program.

Sept 11 - Nov 10

Class size limited to 15 athletes

Monday through Friday

Time TBD

Cost \$500

Skiing is a power sport and you need to have the most efficient power-to-weight ratio for your body. Increasing your strength will help improve your technical ability and your ability to consistently ski and arc above the gate. Being stronger will help you maintain a consistent and proper line all the way to the finish.

We will test once a month to determine what your load percentage will be for workouts, and you'll be given a sheet with your information.

You will learn proper lifting techniques for safety and efficiency.

Getting stronger is the simplest way to get faster and protect yourself from injury.

Now is the time to get stronger and help you move up the finish board.

If you cannot make it at the scheduled time please let Kent or Nils know. We may be able to meet at other times. If you live out of town, we would like to help you design an appropriate strength program for you and set up testing times so we can monitor your progress.

For 2023-2024 online registration visit  
[www.mbsef.org](http://www.mbsef.org)