



Alpine Fall Training Program

Ages 13+

September 14 – November 13

Alpine U14+ (first year U14 need coach approval)

Strength

- Monday: 6:30–7:45 AM
- Wednesday: 6:30–7:45 AM
- Friday: 6:30–7:45 AM

Cardio

- Tuesday: 4:30–6:00 PM
- Thursday: 4:30–6:00 PM

September 14 – November 13

Class size limited to 15 athletes

Monday through Friday

Early morning and after school

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 the area, 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 2026-2027 online registration visit
mbsef.org