



Nomadic Performance

Ski/Snowboard Season Prep Program

This 12-week Ski/Snowboard Season Prep Program is designed to help outdoor athletes build strength, power, and endurance for peak performance on the slopes. The first 2 weeks are free to give you a taste of the structured progression, dynamic warm-ups, and conditioning that make this program effective.

Each session includes a dynamic warm-up, strength/power block, conditioning, and cool-down.

Sample Training Sessions (Weeks 1-3)

Week 1 - Session 1

Phase: Foundations

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Goblet Squat - 3x10 @ moderate weight, rest 60s | Glute Bridge - 3x12, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 1 - Session 2

Phase: Foundations

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Goblet Squat - 3x10 @ moderate weight, rest 60s | Glute Bridge - 3x12, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 2 - Session 1

Phase: Foundations

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Goblet Squat - 3x10 @ moderate weight, rest 60s | Glute Bridge - 3x12, rest 45s | Side Plank - 3x30s/side, rest 30s



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Rolling & Static Stretching (5-10 min)

Week 2 - Session 2

Phase: Foundations

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Goblet Squat - 3x10 @ moderate weight, rest 60s | Glute Bridge - 3x12, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 3 - Session 1

Phase: Foundations

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Goblet Squat - 3x10 @ moderate weight, rest 60s | Glute Bridge - 3x12, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 3 - Session 2

Phase: Foundations

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Goblet Squat - 3x10 @ moderate weight, rest 60s | Glute Bridge - 3x12, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 4 - Session 1

Phase: Foundations

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Goblet Squat - 3x10 @ moderate weight, rest 60s | Glute Bridge - 3x12, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 4 - Session 2

Phase: Foundations

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)



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Front Squat - 3x10 @ moderate weight, rest 60s | Glute Bridge - 3x12, rest 45s | Side Plank
- 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 5 - Session 1

Phase: General Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Front Squat - 4x6 @ 65-70% 1RM, rest 90s | Romanian Deadlift - 3x8, rest 75s | Single-Leg
Step-Ups - 3x8/side, rest 60s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 5 - Session 2

Phase: General Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Front Squat - 4x6 @ 65-70% 1RM, rest 90s | Romanian Deadlift - 3x8, rest 75s | Single-Leg
Step-Ups - 3x8/side, rest 60s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 6 - Session 1

Phase: General Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Front Squat - 4x6 @ 65-70% 1RM, rest 90s | Romanian Deadlift - 3x8, rest 75s | Single-Leg
Step-Ups - 3x8/side, rest 60s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 6 - Session 2

Phase: General Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Front Squat - 4x6 @ 65-70% 1RM, rest 90s | Romanian Deadlift - 3x8, rest 75s | Single-Leg
Step-Ups - 3x8/side, rest 60s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

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program and personalized coaching are available through Nomadic Performance. Contact us to get started.