

Herb House Ski Fit Course

Are you fit to ski? Join us for an 8 Session Pre Ski Season Programme



What can the course do for you?

Our Pre- season programme of general fitness, combined with ski-specific strength training will ensure that you are fit and ready to hit the slopes. We'll make sure you're prepared for the demands that skiing places on your joints and bones.

- Endurance – to ski longer runs without breaks
- Strength – so that you tire less easily
- Balance – to enhance your technique
- Feel confident and fitter to enjoy your skiing more
- We can build a tailor made pre-ski package to suit your needs

What does the course include?

The Ski Fit programme includes 8 sessions – each one hour and fifteen minutes long.

Each session provides ski specific exercise instruction and guidance, to target muscles used when skiing.

1-2 sessions per week of ski specific exercises (combining cardiovascular and strength) will prepare you for the long days on the slopes.

Sessions can be booked as and when required to prepare you for your ski trip –Book now in readiness for strong legs, improved stamina, greater strength, better mobility and increased balance to ensure a wonderful skiing experience.

What's the cost?

£216 for members

£240 for non-members

For 8 session course

Being ski fit is as essential as getting your ski equipment correct. To find out more and to confirm sessions speak to one of our fitness team!

Ski Fit Course Layout

The course consists of 8 sessions – each one hour and fifteen minutes long.

Here is an outline of what you can expect in each session:

- **Session 1** – Clients will receive an introduction to the sessions and advice on the muscles we will be targeting during the sessions. The first session will be focusing on cardiovascular endurance and stamina.
- **Session 2** – This session will be targeting leg muscles – quads, hamstrings, and calves. Exercises specifically isolating these muscles which are primarily used in skiing.
- **Session 3** – The first half hour will be cardio based to ensure aerobic levels are high, moving onto balance and working on stability.
- **Session 4** – Working through a series of exercises to improve flexibility, to prevent soreness and stiffness. Particularly, calf, hamstring and quadricep stretching.
- **Session 5** – Core strength exercises for the abdomen – back – and sides. All of these muscle groups are used to get you up if you fall over. Also this session will be targeting muscular strength.
- **Session 6** – Cardio circuits session mixing up aerobic work with strength endurance and working on increasing mobility.
- **Session 7** – This session will include interval training, (running, cycling and rowing) also focussing on co-ordination.
- **Session 8** – Final session in preparation for your ski trip. Revisiting all aspects that you are unsure of, or areas that you would like to revisit.