

# Start training now for the ski season

Ski season 2020, be it nordic or alpine, will soon be here! Now is the time to get training for it, especially if you have a mountain holiday in the near future. If you haven't been running or biking during the summer months, get going now. Indoors or out, running and cycling are a great way to get your legs strong for skiing as well as create some cardiovascular benefits that will prove beneficial on the longer runs in higher altitudes. The impact is a little hard on the joints however, so if you don't like running, get on a bike. You will need to go longer on a bike than on your feet to get the best training effect so choose a good route outdoors or some good music indoors and enjoy the ride!

You can train this way every day if you like. Variety is the best. Do a little of both, run or walk, fast, one day, cycle the next. Switch up your distances too. Short one day, long the next. Include interval training as well, push hard for 30 seconds or so, followed by 15 seconds of a slower pace. Repeat this for the duration of your workout. The speed, distance and method variety will give you the best training effect. If you always do the same thing, your body will get used to that and your results will be a little limited.

Strength training with free weights and machines will also benefit your skiing, especially for the deeper snow that you will be seeking during your mountain holiday! Squats and lunges of all kinds are your best exercises for ski legs. Dumbbell squats are great if you have any shoulder discomfort, otherwise squat rack squats are good. Split squats, step back lunges, walking lunges and adductor lunges can all be included. Be extremely careful with your technique when performing squats or you could end up doing more harm than good. Knee discomfort when doing these exercises can be a sign of poor technique. Get a personal trainer to assess your form and use a mirror to monitor it during every workout. Your muscles want to find the easy way and bad habits sneak up on you. Don't forget the classic "wall sit" exercise. It's the skiers best. Press your back against a wall so that you knees and hips are both at a 90 degree angle and hold that, as long as you can. It's best to give yourself a rest day in between your strength training days, especially if the main focus is legs.

Nordic and alpine skiers alike will also benefit from balance exercises. The

BY  
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## For Fitness Sake

benefits a BOSU balance trainer provides is great for anyone, skier or not. Start by just standing on one leg on a BOSU.

Progress to jumping from one foot to the other on the BOSU, holding the landing position for a few seconds each time. Progress to standing on one leg in an "arabesque" position with one leg lifted behind you, arms out to the sides and body folded forward at the waist. Hold this move for as long as possible. When that gets easy, try jumping from foot to foot in this position. One foot balancing, either just on the floor or on a BOSU is great for ankle strength as well as for the core muscles and smaller muscles in the knees and hips.

## 4th Annual Craft Crawl

**Sat. October 12**  
**7pm-11 pm**  
**\$30 includes**  
**10 tasting tickets,**  
**Passport to Crawl**  
**and a souvenir!**  
*Live music at every venue starting at 8pm!*




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### LIVE ENTERTAINMENT

**Famous Friday Line Up for October:**  
 Friday, October 4<sup>th</sup> - **The Lifters**  
 Friday, October 11<sup>th</sup> - **The Mellonheads**  
 Friday, October 18<sup>th</sup> - **Bob Robinson**  
 Friday, October 25<sup>th</sup> - **Darryl Romphf**

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**Thursday,**  
**October 31<sup>st</sup>**

Dinner with the  
**PARANORMAL**



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We have a new game downstairs and a tasty fall/winter drink menu you gotta come try!

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# BAR DOWN

FOOD • ENTERTAINMENT • FUEL

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