

## Develop your skiing Training program Level 3 ISIA Technical 2023/2024

This 6-week program is dependent on weather, snow conditions, availability, and fitness/skiing levels of the candidates.

Notes	Week 1 - 2 Preparation period I St. Anton am Arlberg 10 days	Week 3 - 4 Preparation period II St. Anton am Arlberg 10 days	Week 5 - 6 Preparation period III St. Anton am Arlberg 10 days	Exam week delivered by BASI
<p>Preparation periods weeks 1 and 2 St. Anton am Arlberg 10 days training on snow (5 days on 2 off snow)</p> <ul style="list-style-type: none"> <li>• 40% all mountain skiing</li> <li>• 60% technical skiing</li> </ul> <p>Preparation periods weeks 3 and 4 St. Anton am Arlberg 10 days training on snow (5 days on 2 off snow)</p> <ul style="list-style-type: none"> <li>• 60% all mountain skiing</li> <li>• 40% technical skiing</li> </ul> <p>Preparation periods weeks 5 and 6 St. Anton am Arlberg 10 days training on snow (5 days on 2 off snow)</p> <ul style="list-style-type: none"> <li>• 80% all mountain skiing</li> <li>• 20% technical skiing</li> </ul> <p>End of each training block individual discussion to create an individual action plan.</p> <p>End / fine form training focus on the 5 strands.</p> <p>Exclusive group size max 6 persons</p> <p>4 – 5 hours on hill skiing per day</p>	<p><b>Ski training:</b> Develop all round ski techniques with a strong understanding of basic skiing techniques posture/movements and balance.</p> <p><b>Terrain and snow type:</b> firm/compact snow surfaces. flatter/medium pitch slopes</p> <p><b>Technique:</b> Single / linked turns develops quality and understanding.</p> <p>Make aware and use different turn shapes and varied size corridors to encourage visual understanding and individual and partner understanding.</p> <p>Easy – Hard Known – Unknown Slow – Fast Flat - Medium</p> <p>Single turns encourage understanding of movement.</p> <p>Linked turns encourage flow and balance.</p> <p>Progressive encouraging feedback and group interaction. Video as an aid to feedback.</p> <p><b>Fitness training afternoons:</b> Balance, coordination, rhythm, core and reaction training. Mobility stretching and whole body.</p> <p><b>Group or individual video analysis days debrief</b></p>	<p><b>Ski training:</b> Develop all round ski techniques with a strong understanding of basic skiing techniques posture/movements and balance.</p> <p><b>Terrain and snow type:</b> Varied/bumpy snow surfaces. medium/steep pitch slopes</p> <p><b>Technique:</b> Single / linked turns develops quality and understanding.</p> <p>Make aware and use different turn shapes and varied size corridors and rhythm changes to encourage visual understanding and individual and partner understanding.</p> <p>Easy – Hard Known – Unknown Slow – Fast Medium - Steep</p> <p>Single turns encourage understanding of movement.</p> <p>Linked turns encourage flow and balance.</p> <p>Progressive encouraging feedback and group interaction. Video as an aid to feedback.</p> <p><b>Fitness training afternoons:</b> Balance, coordination, rhythm, core and reaction training. Mobility stretching and whole body.</p> <p><b>Group or individual video analysis days debrief</b></p>	<p><b>Ski training:</b> Start to develop confidence in more varied and challenging snow types on steeper and varied terrain (bumps/moguls) with a strong techniques ski ability with good posture/movements and balance.</p> <p><b>Terrain and snow type:</b> Varied/bumpy snow surfaces. medium/steep pitch slopes</p> <p><b>Technique:</b> linked turns develops quality and understanding.</p> <p>Make aware and use different turn shapes and varied size corridors and rhythm changes to encourage visual understanding and individual and partner understanding.</p> <p>Easy – Hard Known – Unknown Slow – Fast medium – Steep</p> <p>Setting appropriate challenging tasks to give individual encouragement.</p> <p>Linked turns encourage flow and balance.</p> <p>Progressive encouraging feedback and group interaction. Video as an aid to feedback.</p> <p><b>Fitness training afternoons:</b> Balance, coordination, rhythm, core and reaction training. Mobility stretching and whole body.</p> <p><b>Group or individual video analysis days debrief</b></p>	<p><b>Exam week:</b> Take one day at a time and show progression from day one to day Five and stay focused.</p> <p style="text-align: center;"><b>Show them who the best skier is on the mountain and what you love and are good at!</b></p>

*Program is a guideline only but can be adapted to suit the weather/snow conditions and skiers progression throughout.*