


Summer 2009

HARVARD ALPINE SKIING											
Day 1	wk 1	wk 2	wk 3	wk 4	wk 5	Day 2	wk 1	wk 2	wk 3	wk 4	wk 5
Exercise	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun	Exercise	3-Jun	10-Jun	17-Jun	24-Jun	1-Jul
Warmup	HK-HB; Fig 4-Elephant; Lat Sqt-Sumo; Worlds Greatest x5e					Warmup	HK-HB; Fig 4-Elephant; Lat Sqt-Sumo; Worlds Greatest x5e				
6 min ABS :30s each	Atom/ SL situp/ Obi R/L / V-ups/ Dfish R/L / RussTwists/ Rocky/ crunch/ HOLD					Hang Clean	x4 a50	x4 a55	x4 a60	x4 a60	x3 a50
PLYO Circuit	2 x thru	3 x thru	3 x thru	3 x thru	2 x thru		x4 a55	x4 a60	x4 a65	x4 a70	x3 a55
Box Jumps (take 2-land 2) skater jumps (stick)	x5	x5	x4	x4	x4	<i>tripled w/</i>	x4 a60	x4 a65	x4 a70	x4 a75	x3 a60
	x4 total	x4 total	x4 total	x4 total	x4 total		x4 a60	x4 a65	x4 a70	x4 a75	
Power Clean <i>paired w/</i>	x4 a50	x4 a55	x4 a60	x4 a60	x3 a50	Standing broad Jump	3x3	3x3	3x4	3x4	2x3
	x4 a55	x4 a60	x4 a65	x4 a70	x3 a55	Front Bridge HOLD	3x30s	3x35s	3x40s	3x45s	2x30s
	x4 a60	x4 a65	x4 a70	x4 a75	x3 a60	Bench <i>(5/1 tempo)</i>	x8 a50	x8 a55	x6 a60	x6 a60	x5 a50
	x4 a60	x4 a65	x4 a70	x4 a75			x8 a55	x8 a60	x6 a65	x6 a70	x5 a55
Y-T-W	3x8	3x8	3x8	3x8	3x8		x8 a60	x8 a65	x6 a70	x6 a72	x5 a60
Front Squat <i>(w/ 2 sec pause at bottom)</i> <i>paired w/</i>	x8 a50	x8 a55	x6 a60	x6 a60	x5 a50	<i>tripled w/</i>	x8 a60	x8 a65	x6 a70	x6 a72	
	x8 a55	x8 a60	x6 a65	x6 a70	x5 a55	DB Step Ups	x5e	x5e	x5e	x5e	x5e
	x8 a60	x8 a65	x6 a70	x6 a72	x5 a60	<i>(all 1 leg; switch)</i>	x5e	x5e	x5e	x5e	x5e
	x8 a60	x8 a65	x6 a70	x6 a72		<i>tripled w/</i>	x5e	x5e	x5e	x5e	
1-Arm DB Row <i>(3/1 tempo)</i>	x6e	x6e	x6e	x6e	x6e	Side Bridge HOLD	3x30s	3x35s	3x40s	3x45s	2x30s
	x6e	x6e	x6e	x6e	x6e	Alternating DB Lunges	x8e	x8e	x6e	x6e	x4e
	x6e	x6e	x6e	x6e			x8e	x8e	x6e	x6e	x4e
PB Leg Curl <i>(2 in 2 out)</i> <i>tripled w/</i>	X8	X10	X10	X12	x8		x8e	x8e	x6e	x6e	
	X8	X10	X10	X12	x8	1-Leg DB RDL	3x8e	3x8e	3x6e	3x6e	2x4e
	X8	X10	X10	X12		DB Skull Crushers	3x10	3x10	3x10	3x8	2x8
Inverted Row <i>tripled w/</i>	X8	X8	X10	X10	x8	6-inch leg raise HOLD	3x30s	3x35s	3x40s	3x45s	2x30s
	X8	X8	X10	X10	x8						
	X8	X8	X10	X10							
PB Pushups	x8	x10	x12	x14	x8						
	x8	x10	x12	x14	x8						
	x8	x10	x12	x14							

Summer 2009

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Day 1	wk 6	wk 7	wk 8	wk 9	Day 2	wk 6	wk 7	wk 8	wk 9
Exercise	6-Jul	13-Jul	20-Jul	27-Jul	Exercise	8-Jul	15-Jul	22-Jul	29-Jul
Warmup	HK-HB; Fig 4-Elephant; Lat Sgt-Sumo; Worlds Greatest x5e				Warmup	HK-HB; Fig 4-Elephant; Lat Sgt-Sumo; Worlds Greatest x5e			
PLYO Circuit	3 x thru	3 x thru	3 x thru	2 x thru	Hang Clean	x3 a62	x3 a62	x3 a62	x2 a62
Box Jumps (take 2-land 1)	x5e	x5e	x4e	x4e		x3 a70	x3 a70	x3 a72	x2 a72
skater jumps (bounce)	x4 total	x4 total	x4 total	x4 total		x3 a75	x3 a75	x3 a77	x2 a80
						x3 a77	x3 a80	x3 a85	
Power Clean	x3 a62	x3 a62	x3 a62	x2 a62	<i>tripled w/</i>				
	x3 a70	x3 a70	x3 a72	x2 a72	Standing broad Jump	3x3	3x3	3x4	3x4
	x3 a75	x3 a75	x3 a77	x2 a80	1-Leg Front Bridge HOLD	3x15s	3x20s	3x25s	2x15s
<i>paired w/</i>	x3 a77	x3 a80	x3 a85		Bench	x7 a60	x7 a60	x5 a60	x5 a55
Y-T-W	3x8	3x8	3x8	3x8	<i>(5/1 tempo)</i>	x7 a65	x7 a65	x5 a70	x5 a65
Front Squat	x7 a60	x7 a60	x5 a60	x5 a55	<i>tripled w/</i>	x7 a70	x7 a70	x5 a75	x5 a70
<i>(w/ 2 sec pause at bottom)</i>	x7 a65	x7 a65	x5 a70	x5 a65	SL Box Squats (3/1 tempo)	x7 a75	x7 a77	x5 a85	
	x7 a70	x7 a70	x5 a75	x5 a70	<i>(heel touch)</i>	x5e	x5e	x5e	x5e
<i>paired w/</i>	x7 a75	x7 a77	x5 a85		<i>tripled w/</i>	x5e	x5e	x5e	
1-Arm Rotating DB Row	x6e	x6e	x5e	x5e	Side Bridge HOLD - top leg up	3x15s	3x20s	3x25s	2x15s
<i>(3/1 tempo)</i>	x6e	x6e	x5e	x5e	Alternating Lunges	x8e	x8e	x6e	x6e
	x6e	x6e	x5e		<i>(barbell on back)</i>	x8e	x8e	x6e	x6e
PB Leg Curl	x5e	x6e	x7e	x8e		x8e	x8e	x6e	
<i>(2 in 1out)</i>	x5e	x6e	x7e	x8e	1-Leg RDL w/ 2 DB's	3x8e	3x8e	3x6e	3x6e
<i>tripled w/</i>	x5e	x6e	x7e		DB Alt. Skull Crushers	3x6e	3x6e	3x5e	3x5e
Pull-Ups	x5	x6	x7	x8	Y-HOLD	3x30s	3x35s	3x40s	3x45s
	x5	x6	x7	x8					
<i>tripled w/</i>	x5	x6	x7						
PB Pushup Combo	x5/5	x6/6	x7/7	x8/8					
<i>(feet on ball/hands on ball)</i>	x5/5	x6/6	x7/7	x8/8					
	x5/5	x6/6	x7/7						
CORE	20/20	25/25	30/30	35/35					
	SL Situps; Atomic								
	V-twists; Rockies								
	Flutterkicks; Reverse Crunch								

Summer 2009

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Day 1	wk 10	wk 11	wk 12	wk 13	Day 2	wk 10	wk 11	wk 12	wk 13
Exercise	3-Aug	10-Aug	17-Aug	24-Aug	Exercise	5-Aug	12-Aug	19-Aug	26-Aug
Warmup	HK-HB; Fig 4-Elephant; Lat Sqt-Sumo; Worlds Greatest x5e				Warmup	HK-HB; Fig 4-Elephant; Lat Sqt-Sumo; Worlds Greatest x5e			
PLYO Circuit	3 x thru	3 x thru	3 x thru	2 x thru	Hang Clean	x2 a60	x2 a60	x2 a62	x2 a60
Box Jumps (take 1-land 1)	x5e	x5e	x4e	x4e		x2 a70	x2 a70	x2 a72	x2 a65
skater jumps (continuous)	x4 total	x4 total	x4 total	x4 total		x2 a75	x2 a80	x1 a82	x2 a70
Power Clean	x2 a60	x2 a60	x2 a62	x2 a60	<i>tripled w/</i>	x2 a82	x2 a85	x1 a90	
	x2 a70	x2 a70	x2 a72	x2 a65	1-Leg broad Jump	3x3	3x3	3x4	3x4
	x2 a75	x2 a80	x1 a82	x2 a70	1-Arm/1-Leg (opp) Front Bridge HOLD	3x15s	3x20s	3x25s	2x15s
	x2 a82	x2 a85	x1 a90		Bench	x6 a60	x6 a60	x4 a62	x4 a60
<i>paired w/</i>				<i>(5/1 tempo)</i>	x6 a65	x6 a65	x4 a67	x4 a65	
Y-T-W	3x8	3x8	3x8	3x8	<i>tripled w/</i>	x6 a70	x6 a75	x4 a77	x4 a75
Front Squat	x6 a60	x6 a60	x4 a62	x4 a60	<i>(no heel touch)</i>	x6 a75	x6 a82	x4 a87	
<i>(w/ 2 sec pause at bottom)</i>	x6 a65	x6 a65	x4 a67	x4 a65	<i>tripled w/</i>	x5e	x5e	x5e	x5e
<i>paired w/</i>	x6 a70	x6 a75	x4 a77	x4 a75	SL Box Squats (3/1 tempo)	x5e	x5e	x5e	x5e
	x6 a75	x6 a82	x4 a87		<i>(no heel touch)</i>	x5e	x5e	x5e	x5e
1-Arm Upper Back DB Row	x5e	x5e	x4e	x4e	<i>tripled w/</i>	x5e	x5e	x5e	
<i>(3/1 tempo)</i>	x5e	x5e	x4e	x4e	Side Bridge HOLD - on PB	3x25s	3x30s	3x35s	2x25s
	x5e	x5e	x4e		1-Leg RFE Squat	x6e	x5e	x5e	x4e
PB Leg Curl	x5e	x6e	x7e	x8e	<i>(Rear Foot Elevated - on box)</i>	x6e	x5e	x5e	x4e
<i>(1 in 1 out)</i>	x5e	x6e	x7e	x8e		x6e	x5e	x5e	
<i>tripled w/</i>	x5e	x6e	x7e		1-Leg DB RDL	3x8e	3x8e	3x6e	3x6e
	x5	x6	x7	x8	DB Skull Crushers	3x10	3x10	3x10	3x8
Chin-ups	x5	x6	x7	x8	Y-HOLD	3x40s	3x50s	3x60s	2x20s
<i>tripled w/</i>	x5	x6	x7						
	x5	x6	x7						
MB Diamond Pushups	x10	x10	x12	x12					
	x10	x10	x12	x12					
	x10	x10	x12						
CORE	20/20	25/25	30/30	35/35					
	Rotating Atomics; Superman								
	Skydivers; Overhead plate crunch								
	Sit ups; face plants								