



## Off Season Training...With No Health Club

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In summer, the last place you want to be is in a health club. We don't blame you. Fortunately, there are plenty of ways to stay fit for skiing that don't involve sets, reps, dumbbells or memberships fees. The following five sports will keep you in shape, outdoors and primed for the first snowfall. Competitors of the sport of mogul skiing will spend a month or so out of the gym, but will combine their favorite summer sports with the health club. Cross-training has a lot to be said for it. Let's get outside!

**Inline Skating:** Versatility is inline skating's trump card. To boost your aerobic capacity, do a sustained workout at a steady pace. For an anaerobic challenge, try shorter, quicker intervals. Hit the bike path for a cardio and strength workout, or weave around cones in your driveway to sharpen your ski technique. (For skate-to-ski tips and drills, visit [skimag.com](http://skimag.com) and type in "perfect parallel") Whatever you choose, expect gains in your balance, coordination and comfort with speed. With bike-path-style-skating, you'll work your quads, hamstrings (which contract to help you balance) and glutes. Also, skating is one of the few aerobic activities that emphasize lateral leg movement, as opposed to ultimately, better balance as you transfer your weight during a ski turn. The more aggressively you skate, the more you'll work your core and upper body muscles, but don't expect great strength gains from the waist up.

**What It Works:** Abductors, adductors, quads, hamstrings, gluteals, lowerback, abdominals

**Insiders Tip:** For an enhanced quad workout, pick up speed and drop into a racer's tuck. Hold it for as long as possible – at least 60 seconds if your legs can handle it.

**Trail Running:** There's no more efficient cardio exercise than running. Take it off-road, and the perks for skiers multiply. A trail-running workout can be either aerobic or anaerobic, and it strengthens the entire lower body – even the smaller stabilizer muscles, which kick in to keep you upright on uneven surfaces. Rugged trails also mean more lateral movement and less chance of repetitive stress injury than with road running, in which every footstrike is the same. Uphill efforts tax your heart and lungs and build strength in your hamstrings, glutes and lower back. Downhill cruises recruit your quads and abdominal to serve as shock absorbers and stabilizers, much as they do in skiing. In fact, downhill running technique mirrors that of skiing: eyes ahead to find your line, quiet upper body, legs making quick adjustments to terrain. Fall in any of those areas, and you may be eating dirt.

**What It Works:** Quads, hamstrings, gluteals, calves, lower back, abdominals

**Insiders Tip:** When running up steep hills, try to step with a heel-to-toe motion rather than with just your toe. That will reduce stress on your calf muscles. On down hills, keep your steps light and springy to lesson the beating your joints will take.

**Tennis:** Like skiing, tennis emphasizes anaerobic fitness. Jumps and sudden direction change build the agility, reflexes and polymetric power you need to navigate a mountain. Bursts of running and an athletic stance strengthen your lower body, while wielding a racket tones your upper body and core muscles, Be careful, though; your torso gets a lot more action in tennis than it should in skiing. Don't carry that extraneous motion back to the slopes.

**What It Works:** Biceps, triceps, shoulders, upper back, obloquies, gluteals, quadriceps, hamstring, calves

**Insiders Tip:** Tennis rivals yoga and espionage for the strange positions you can find yourself in. That means flexibility is a must. To ward off injury both on the court and on the hill, maintain a full-body stretching routine throughout the summer.