



Finland Freestyle Ski Team Training Regimen

One of the Best Mogul Teams on the Planet

Training:

- At least 200 days a year on snow
- Training in the morning and afternoon, two hours each
- In the evening, short game, stretching and weight training.

Training on the hill – Successful Finnish technique:

The Finland skis flats more than you can imagine, because it is easier to concentrate and learn to ski without bumps. The similarities in the technique of the Finnish skiers comes pretty much from flat training and skiing.

- Basic mogul skiing body position
- Turning smoothly by using knee angles to get the skis on their edges, low basic skiing position
- Upper body relaxed and still
- Vision up
- Pole plants by using wrists
- After that, do the same things in the moguls with push-down technique
- For keeping snow contact we are pushing the whole ski straight down in the backsides of the bumps instead of just pushing the ski tips down.
- When learning something new, ski moguls in short sections and focus on one thing at a time
- We are used to skiing icy moguls because of the Northern weather conditions, after that a soft mogul course is fun and easy to ski

Training off the hill (Summer Training): Total of 9 training times per week

- Aerobic training: long distance running, roller blading, interval training
- Getting more power: circuit Training, weight lifting in periods. Basic force period, max force period, quick force period
- Elasticity: Jumping like a mad rabbit
- Velocity: Short track runs (10-100 meters) with reaction starts
- Coordination: Trampoline, roller skating (downhill with poles), skateboarding, gymnastics (good for strength too)
- Flexibility: stretching everyday!

Motivation to ski at the World Cup Level:

- Having a good time, hard times teach to practice and win.
- Success is a result of hard work, everyone of us has a tough mind and a belief in ourselves
- Team Spirit, cheering each other on and competing at the same time, coaching each other, being happy for others success even if you have failed.
- Good feeling, it feels good after you have done well either in training or competition.