

Training Report

General Training:

Focus on one working point, do the exercise/cue for 3-5 runs. Then ski normally while trying to recreate the FEELING you receive of that exercise. Repeat this until this way of skiing becomes muscle memory. You want to focus on just one working point for a couple of days or even longer. Do not try to work on everything at once.

If at any point, you feel like you aren't improving and start to get frustrated, good! When trying to learn new skills, we eventually hit a point where we struggle and become frustrated. This feeling of frustration actually triggers neurogenesis (creation of new neurons) and allows us to learn new movements! So when you notice this frustration, try to prolong your training for at least 5-10 more minutes.

To finish your training, on the final lift, close your eyes and simply do nothing. This allows your brain to better process all the new movement patterns it has learned.



WORKING POINT	EXERCISE	CUES	REMARKS
Hip Dumping	T-exercise (see analysis)	Let yourself fall inside the new turn. Look inside the new turn while you lift up your inside foot.	You might end up too much on the inside ski. This is fine and to be expected. The more you practice, the more you will find that ideal balance.
Athletic stance	Swords drill (see analysis)	Drag both poles firmly in the snow at all times, far away from the body.	Stay low and always keep a forward lean with the upperbody. Extend your legs sideways instead of extending your legs upwards at the transition.
Finishing the turn	Push/Pull exercise (see analysis)	Push feet forwards through the turn	Frontside heavy at start of the turn. Centred at the Apex. Backside heavy at the end.