



Freestyle & Snowboard

| Goals | Habits |
|--|---|
| Balance sessions if away on snow or Muscular Endurance sessions if at home | Sleep 8-9 hours each night Wake up at the same time each day |

| Week Commencing: 07/11/16 | | Week No: 1 | | | Weekly Training Units: 7 | | |
|---------------------------|--|--|--|--|--|---|----------------|
| Date | M 7.11.16 | T 8.11.16 | W 9.11.16 | T 10.11.16 | F 11.11.16 | S 12.11.16 | S 13.11.16 |
| Session if away on snow | Balance 1 - Single leg balance, Double leg bunny hops, Single leg toe touches, | Balance 2 - Stand on one leg throwing ball, Vertical Jump, Hex Jumps, | Balance 3 - Single leg squat, 90 degree rotations jumps, X Over Hops | Recovery Day | Balance 4 -Single leg step up, Lateral jumps, Hop and Hold | Balance 5 - Single leg balance, backward jumps, Backward Curtsy | Recovery Day |
| Session if at home | Recovery Day - Easy walk for 45mins | Muscular Endurance - Squat Jumps (10), Hip Bridge (10), Lateral Jumps (10), Press Up (5). Done continuous for 10mins | Recovery Day - Easy walk for 45mins | Muscular Endurance - Squat Jumps (10), Hip Bridge (10), Lateral Jumps (10), Press Up (5). Done continuous for 10mins | Running ~ 20min continuous run | Trampoline session for 60mins | Cycling 90mins |

| Week Commencing: 14/11/16 | | Week No: 2 | | | Weekly Training Units: 7 | | |
|---------------------------|--|--|--|--|--|---|----------------|
| Date | M 14.11.16 | T 15.11.16 | W 16.11.16 | T 17.11.16 | F 18.11.16 | S 19.11.16 | S 20.11.16 |
| Session if away on snow | Balance 1 - Single leg balance, Double leg bunny hops, Single leg toe touches, | Balance 2 - Stand on one leg throwing ball, Vertical Jump, Hex Jumps, | Balance 3 - Single leg squat, 90 degree rotations jumps, X Over Hops | Recovery Day | Balance 4 -Single leg step up, Lateral jumps, Hop and Hold | Balance 5 - Single leg balance, backward jumps, Backward Curtsy | Recovery Day |
| Session if at home | Recovery Day - Easy walk for 45mins | Muscular Endurance - Squat Jumps (10), Hip Bridge (10), Lateral Jumps (10), Press Up (5). Done continuous for 10mins | Recovery Day - Easy walk for 45mins | Muscular Endurance - Squat Jumps (10), Hip Bridge (10), Lateral Jumps (10), Press Up (5). Done continuous for 10mins | Recovery Day - Easy walk for 45mins | Trampoline session for 60mins | Cycling 90mins |

| Week Commencing: 21/11/16 | | Week No: 3 | | | Weekly Training Units: 7 | | |
|---------------------------|--|--|--|--|--|---|----------------|
| Date | M 21.11.16 | T 22.11.16 | W 23.11.16 | T 24.11.16 | F 25.11.16 | S 26.11.16 | S 27.11.16 |
| Session if away on snow | Balance 1 - Single leg balance, Double leg bunny hops, Single leg toe touches, | Balance 2 - Stand on one leg throwing ball, Vertical Jump, Hex Jumps, | Balance 3 - Single leg squat, 90 degree rotations jumps, X Over Hops | Recovery Day | Balance 4 -Single leg step up, Lateral jumps, Hop and Hold | Balance 5 - Single leg balance, backward jumps, Backward Curtsy | Recovery Day |
| Session if at home | Recovery Day - Easy walk for 45mins | Muscular Endurance - Squat Jumps (10), Hip Bridge (10), Lateral Jumps (10), Press Up (5). Done continuous for 10mins | Recovery Day - Easy walk for 45mins | Muscular Endurance - Squat Jumps (10), Hip Bridge (10), Lateral Jumps (10), Press Up (5). Done continuous for 10mins | Recovery Day - Easy walk for 45mins | Trampoline session for 60mins | Cycling 90mins |

| Week Commencing: 28/11/16 | | Week No: 4 | | | Weekly Training Units: 7 | | |
|---------------------------|--|--|--|--|--|---|----------------|
| Date | M 28.11.16 | T 29.11.16 | W 30.11.16 | T 1.12.16 | F 2.12.16 | S 3.12.16 | S 4.12.16 |
| Session if away on snow | Balance 1 - Single leg balance, Double leg bunny hops, Single leg toe touches, | Balance 2 - Stand on one leg throwing ball, Vertical Jump, Hex Jumps, | Balance 3 - Single leg squat, 90 degree rotations jumps, X Over Hops | Recovery Day | Balance 4 -Single leg step up, Lateral jumps, Hop and Hold | Balance 5 - Single leg balance, backward jumps, Backward Curtsy | Recovery Day |
| Session if at home | Recovery Day - Easy walk for 45mins | Muscular Endurance - Squat Jumps (10), Hip Bridge (10), Lateral Jumps (10), Press Up (5). Done continuous for 10mins | Recovery Day - Easy walk for 45mins | Muscular Endurance - Squat Jumps (10), Hip Bridge (10), Lateral Jumps (10), Press Up (5). Done continuous for 10mins | Recovery Day - Easy walk for 45mins | Trampoline session for 60mins | Cycling 90mins |