



## ***60 Days to Heli-ski Fitness***

Telluride Ski & Golf recommends a preparatory fitness program for heli-ski clients. Increasing your strength and endurance will enhance the backcountry experience for yourself and your tour companions. The helicopter gets you to the top of the mountain - your fitness level gets you down!

Specific and individualized programs\* will be submitted to each client upon sign-up and registration with the Ski School. For best results, the program should be initiated approximately 60 days prior to arrival in Telluride. The plan will include 3 training cycles - each 20 days long:

- **Cycle I: Basic strength and hypertrophy.** This cycle will introduce the athlete to basic functional training using full-body training techniques specific to skiing.
- **Cycle II: Strength and balance.** This cycle will continue to implement a functional training format with additional focus on balance movements.
- **Cycle III: Dynamism and endurance.** This cycle will introduce the athlete to Olympic lifting for dynamic vertical strength accompanied with an endurance training component to increase cardio capacity.

Mountain biking, road cycling, spinning, swimming, yoga, and trail running are all excellent supplements to your training program.

\*Program design and strategy by Coach Miller for the exclusive use of Telluride Ski and Golf.

*Coach Miller is an experienced Strength and Conditioning professional certified by the National Strength and Conditioning Association (NSCA), a fitness consultant at the Mountain Village's Spa at the Peaks, and Wellness-Fitness Advisor for Telluride Ski and Golf. He was formerly a high school strength and conditioning coach and athletic trainer at high schools in Clear Creek, Cedaredge, Hotchkiss, and Ridgway. He has trained athletes at all levels and in many sports as a strength professional and is himself an avid outdoor enthusiast. Coach is available at [CoachM130@gmail.com](mailto:CoachM130@gmail.com) and 970.623.0817.*