

Before the slopes, winterize your workout

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"Long and steady is great for summer cardiovascular fitness. But for skiing, it's good to tweak that schedule and go higher intensity, shorter durations," said Dave Merriam, director of mountain recreation at the Stowe Mountain Resort in Stowe, Vermont.

Photograph by: File photo, Postmedia News

For much of the northern hemisphere, it's time to put away summer things.

If the chilly autumn air turns your workout thoughts to skis and snowboards, experts say now is the time to finesse your summer routine to meet the demands of winter fitness.

"Long and steady is great for summer cardiovascular fitness. But for skiing, it's good to tweak that schedule and go higher intensity, shorter durations," said Dave Merriam, director of mountain recreation at the Stowe Mountain Resort in Stowe, Vermont.

"Skiing and snowboarding are more like sprinting: you breathe then you rest. That's really different from running or riding a bike, where you're tooling along in your zone," he said. "So physiologically it's good to do less aerobic, more sprint."

Merriam also recommends spending an extra day or two in the weight room.

"Muscularly, skiing and snowboarding are very static," he said. "The quadriceps and hamstrings are