

be strong

BUILDING BETTER SKIERS

North Denver
Colorado's Marine
recruiter Ryan Cope
gets ugly on Peter
Olenick.

SEMPER FITNESS

Ski Conditioning for Slackers

If booze, Jacuzzi, snooze is your idea of a circuit workout, then this drill sergeant's regimen will whip your sorry ass into shape. —GINA DeMILLO WAGNER

Think pro athletes never slack off? Check out Peter Olenick (pictured above with USMC drill instructor Ryan Cope, whom we unleashed upon him last fall). The 22-year-old slopestyle and superpipe medalist charges when the pressure's on. But in the off-season, he kicks it—way back. “I go to the beach and get my shine on,” he says. “You know, drinking, playing Xbox, hitting on girls.” But the moment Olenick burps up his last bite of Thanksgiving pie, he gets serious about snow. With a month to go before competing or shooting

his next film, it's time to get dopeslapped into shape.

Enter Ken Weichert, a San Francisco-based personal trainer and Army staff sergeant who leads off-season freeloaders like Olenick through nonstop 60-minute conditioning sessions (read: run, puke, run) five days a week. The method? Break their bodies down and build them up stronger. Suffer through Weichert's workout and you'll walk away with enough leg, core, and cardio strength—in a month—to ski bell-to-bell without blowing up.

BASIC TRAINING

"Indulge in some frolicking; a little alcohol at night, that's fine," Weichert says. "But hit the slopes without any previous training, and it'll destroy you." Follow Weichert's drills and you'll end up with stronger quads to keep your knees tracking smoothly in crud snow; a more stable core for better balance when you're hammering chop; and enhanced cardio fitness, which prevents you from getting dusted by your friends.



Aye-aye, skipper.

1) JUMP ROPE

Warm up with six minutes of steady skipping on a flat, forgiving surface (lawn, dirt trail, or carpet). Keep your body loose and let it warm up gradually.

THE SLACKER WAY: "I turn it into a game by trying different tricks between jumps," Olenick says.

3) SUICIDE INTERVALS

Suicides involve sprinting back and forth between marked points. Touch the ground at each point and explode back in the opposite direction. "This is good for ski season, because the bending technique—or the quick side crunch—is duplicated in skiing and snowboarding," says Weichert.

Mark your sprint distances using the lines on a football field. Starting at the 30-yard line, sprint to the 15-yard line, touch the ground, and sprint back to your starting point. Touch down again, and sprint to the 20-yard line, then back to the start. Continue sprint-touching (varying your distances to keep it interesting) for 10 to 12 minutes, or "until you're good and clipped," says Weichert.

THE SLACKER WAY: "I used to eat two ice-cream sandwiches before workouts" says Olenick. "That must have made intervals much harder."

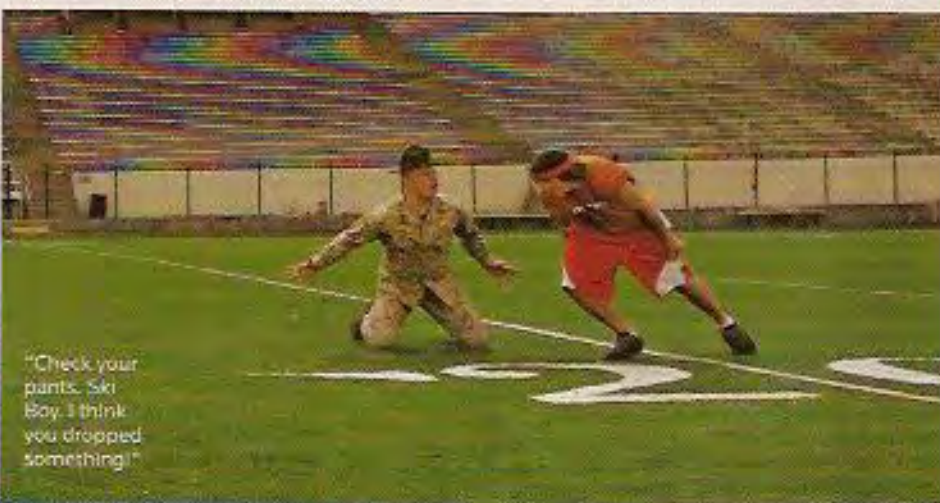


"It's up to you, sort. You can bend down here, or in the showers."

2) WALKING LUNGES

"We call this a muscle-exploitation exercise," says Weichert. "They take muscles to the point of failure so when you come back next time you can push even farther." Weichert weighs down his recruits with 27 pounds of military body armor (a backpack full of beer works too) and sets them off to climb a 30 percent incline, slowly lunging with each step. "The extra weight of the body armor simulates the gear you'll wear and carry if you're a backcountry skier. It also squeezes your chest, which works your core and your lungs by making your diaphragm work twice as hard," he says. When you top out, turn around and lunge-walk slowly back downhill. To avoid injury, make sure your shoulders are aligned with your hips, and don't let your leading knee extend beyond your toes. Continue for 10 to 12 minutes.

THE SLACKER WAY: "I think about how much easier it would be to get a hot girlfriend if I was in shape," Olenick says. "That amps me up to work out."



"Check your pants, Ski Boy. I think you dropped something."

4) STAIR WORK

For the next 10-minute segment, run steadily up and down a set of stairs. To challenge yourself, run every stair and then try skipping one or two stairs. You'll increase endurance and strengthen the muscle tissue surrounding your knees, says Weichert.

THE SLACKER WAY:

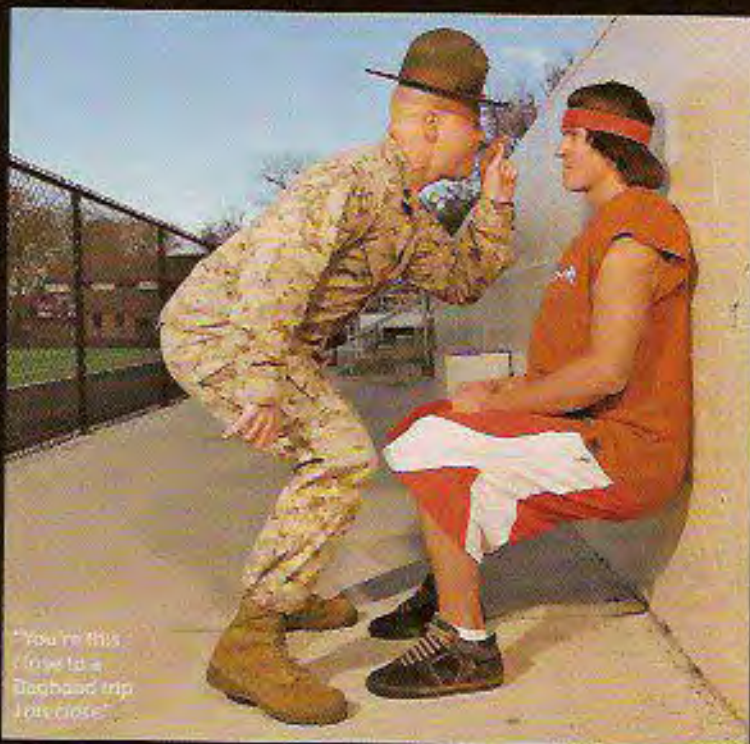
"Make your friends work out with you," Olenick suggests. "It's easier to get off the couch when you have someone you can crush."



"You call that runnin', Park Rat? My legless mama runs faster."

THE DRILL-SERGEANT WAY:

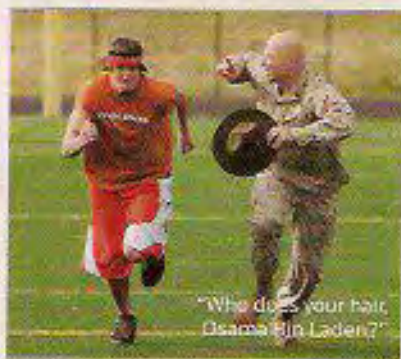
When you're on that 50th minute of the workout and you're not sure if you can make it, ask yourself, Are you fired up? The answer should be *Cah-rah!*

**WALL SIT: THE ULTIMATE TUBE BOOB'S EXERCISE**

"You're this close to a Baghdad trip, my close."

A variation of the squat, a wall sit is tough because you're holding a static position, but the upside is you can do it anywhere. "I do these all the time to make my quads strong," Olenick says. "When I'm brushing my teeth or in the shower, I'm doing wall sits."

Stand about two feet in front of a wall and lean back against it. Now bend your knees and slide down until your thighs are parallel to the ground and your knees are at about 90 degrees, as if you're sitting in an imaginary chair. Hold this position for at least 60 seconds, or until you can't take it anymore.



"Who does your hair, Osama Bin Laden?"

5) SPRINT

For the next eight minutes, sprint all-out at a competitive pace—or as fast as you can without blowing a ventricle. If you're training with a partner, race him. When you haven't been training, says Weichert, short, intense cardio is the fastest way to whip yourself into shape.



"It's okay, Olenick. I'm too, but usually it's after *Sex and the City*."

6) COOL DOWN

Wrap up the routine with some walking and stretching, focusing on your quads, calves, and core. Touch your toes. Twist from side to side, and walk until you've caught your breath and your heart rate settles back down.