

Winter is Coming... Get Ski Fit Now!

It's summer. Your ski boots are buried in the loft, the closest thing to a piste you've seen is the back of a deckchair, and Austria in winter feels a *long* way off. But if you're an avid skier, now is exactly the right time to get slope-ready.

Skiing isn't just a holiday — it's a **full-body workout** in freezing temperatures at high altitude. The fitter you are before you go, the longer you'll last on the slopes, the less you'll ache after day one, and the more energy you'll have for après ski and evening activities.

Here's your simple, no-experience-needed plan for training now so you can crush it in the Austrian Alps later.

1. Build your ski legs

Skiing hammers your quads and glutes — the more they can take, the better. Start with 2–3 lower-body sessions a week that includes squats, lunges, wall sits and step-ups.

Bodyweight is fine at first; resistance bands or dumbbells will speed up progress.

[Need some help on your squat form? Check this video out!](#)

2. Strengthen your core

A solid core means better balance, smoother turns, and less back strain. To maximise your core strength you can try planks (front & side), Russian twists, dead bugs and mountain climbers.

This is what keeps you stable when the piste gets icy or bumpy.

[Never head of a Russian Twist? Click here!](#)

3. Get your heart pumping

Even downhill, skiing raises your heart rate - and altitude turns every breath into work. Prep with hill walks or runs, cycling or spin classes and HIIT workouts.

Build to 30 minutes, 3-4 times a week. That “last lift dash” will feel easy.

4. Stay mobile & flexible

Tight hips make ski boots feel like torture devices. To minimise your pain on the first few days of your ski trip, you'll want to work on hip openers, hamstring stretches, ankle mobility drills and shoulder stretches.

Yoga or a quick stretch routine can save you from awkward, injury-risking twist.

[Check out some stretches here!](#)

5. Train for the wobble

Skiing wakes up tiny stabiliser muscles you never think about. Improve them with balance boards or cushions, standing on one leg (eyes closed), skater jumps, jump squats and box jumps

You'll react faster when the terrain gets unpredictable.

6. Try summer sports that use the same muscles

You don't have to chain yourself to a squat rack to get ski-fit - plenty of summer activities naturally build the strength, balance, and endurance you'll need on the slopes. Try your hand at a few of these and you'll be prepping without it feeling like "training" at all - and ideally, try them in Austria to get yourself excited for what lies ahead.

- Mountain biking – Ischgl**
 Ischgl is a summer MTB paradise with lift-served trails, flowing downhill routes, and challenging climbs that will light up your quads just like skiing.
[Mountain biking Ischgl](#)
- Hiking with elevation gain – Schladming-Dachstein**
 With its rugged peaks and glacier views, this region offers routes that start gentle and end with lung-busting climbs - perfect for building the leg endurance you'll need in winter.
[Schladming hiking info](#)
- Trail running – Kitzbühel Alps**
 Kitzbühel isn't just for the Hahnenkamm downhill; its summer trail network ranges from riverside runs to alpine ridge routes that train ankle stability and core balance.
[Kitzbühel trail running info](#)
- Stand-up paddleboarding – Lake Wolfgangsee**
 Calm, clear waters framed by forested hills and alpine peaks make Wolfgangsee a SUP dream spot. Balancing on the board will work your core far more than you realise.
[Wolfgangsee SUP info](#)

- **Rock climbing or bouldering – Zillertal**

Known for its granite crags and beginner-friendly boulders, Zillertal offers a mix of sport climbing and low-stress bouldering in a stunning alpine valley.

[Zillertal climbing info](#)

7. Rest like a pro

You're not training for the Olympics. Rest days are essential for muscle recovery. Warm up before workouts, cool down after, and treat yourself to a foam roll or massage pre-trip.

So, what are you waiting for? Start now, and by the time you're halfway down a red run in the Alps, you'll be throwing yourself into another carving turn instead of collapsing by 1pm!