

outtakes

OUTDOOR SHAPE

# Dang, how'd you get so good?

*World tele champion Reid Sabin shares his training tips*

BY **NANCY COULTER-PARKER**

**T**O HELP YOU GET IN SHAPE for this winter's adventures, we asked US Telemark Ski Team member and current world champion, Reid Sabin, what he does to whip himself into race-ready shape.

Although we are suspicious that the 29-year-old's tele legs are bionic, the Whitefish, MT, local attributes his success to a combination of lifestyle and consistent training practices. During the off season, he hangs up his skis and keeps fit by mountain biking, trail running, climbing and playing soccer. But with racing season starting in January, in the fall his training schedule takes on another dimension in the form of weight lifting.

"In the fall, I do a lot more weight stuff, tons of trunk and lower back, sit-ups and leg strengthening and upper body stuff." Hmmmm, could you be more specific, please? "The trunk is mainly sit-ups—all kind of varieties—leg-ups and crunches. When you're skiing you want to be strong in your mid-section and your core. For the lower back, we do lower back extensions." For these, Sabin outlines, you lay over a plat-



form and bend forward at the waist, suspended at the hips. Then with someone or something holding your feet, you lift up until your upper body is horizontal and then you drop it down again. And, what does he do for his legs of steel? "Lunges, leg presses and squats."

For his upper body, Sabin explains that most people don't know that in his sport there's a race called The Classic. For this sprint of three to six minutes, competitors usually take a run down the hill and then they have to turn around and skate ski back up the hill. "The race may be three minutes long and half of that may be a Nordic-style skate sprint

uphill," he exclaims. For this event, he needs arm strength: "We do lots of pull-downs and dips."

Sabin recommends weight lifting three times a week. And for him, that's on top of five cardio workouts per week, which involves roller skiing, running or biking.

But it's not all work without play. There is powder involved. To top off his training, Sabin adds, "I do a ton of free skiing, powder skiing and Nordic skiing, I definitely don't stay on the groomed runs. I go out and ski powder and crud. It keeps it fun." Now that's what we like to hear. 