

Time to think about being ready for ski season

By Heather Hansman, Outdoor

According to pro skier and personal trainer Pip Hunt the best way to get in shape for ski season is to already be in shape.

“I believe in training and staying active year-round,” she says. “Trying to get back in shape after a considerable amount of time of sucks.”

Hunt, who spent six years competing on the Freeskiing World Tour, and is a trainer at Jackson Hole-based Wright Training – owned by Crystal Wright, another FWT mainstay – knows a lot about ski-specific training.

You need a baseline of strength and endurance but, now that snow is starting to fall, Hunt says you should start challenging yourself aerobically and building the big muscles that’ll get you down the hill.

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