



Powder Techniques and Tips

Did you know that Mike Wiegele Helicopter Skiing Guides are also qualified Ski Instructors? Not only are you safely toured through the mountains and the best powder lines by your guides, but they are also providing continual advice to bring your powder skiing to a greater level. Skiing or boarding in powder can be more strenuous than resort skiing. However, with preparation, training and the right equipment, your day of heliskiing or heliboarding will be the rewarding experience you expect. Tune in monthly for techniques and tips that will make you stronger powder hound. Then, put those skills to practice in the Cariboo and Monashee Mountains of Mike Wiegele Helicopter Skiing.

APRIL 2009: Powder Perfect in the Off-Season

It's hard to imagine that five months of powder skiing has come to an end. We had an incredible season in Blue River with perfect powder, special friends and lots of laughs. Thanks from all the guides and pilots.

Although skiing is a winter sport, much of what we do or don't do in the off-season can dramatically affect the following year.

Next season starts in roughly 220 days. This is a great opportunity to start a training program that will improve your skiing. Think of two areas of improvement: ski stamina and ski strength.

Improving ski stamina is easy, just work on your endurance. Run, walk or bike for at least 30 minutes, 4 times a week. As your body adapts increase the intensity and duration. No more huffing and puffing at the bottom of each run!

The best way to perk up your ski strength is through weight training, stretching and plyometrics. Most of you understand how weight training can increase ski strength but stretching is just as important and will allow you to work through a great range of motion and prevent injuries.

Plyometric training produces fast powerful muscle contractions and can have a positive effect on your ski strength and stamina. Head to your local gym and get a simple plyometric program designed for your off-season. I guarantee your ski legs will thank you.

See you in the mountains,

Tim McLean-Senior Lead Guide
CSIA Level 3, CSGA Level 3

