

# Mike Wiegele Helicopter Skiing

## **AUG 2011 - A SKI GUIDE'S SUCCESS TO KEEPING FIT IN THE OFF-SEASON**

For the past 24 years Andy Aufschnaiter has been a big part of Mike Wiegele Heli Skiing. As Head Chef and eventually Lodge Manager and now a member of the Guiding department, Andy is well-known by many of our guests. Andy is also one seriously fit guy and competes in both single and multi-day bike races throughout the summer months.

Here are 5 questions with Andy:

Andy, when did you start your mountain bike racing career and what has been your toughest race so far?

I started mountain biking 10 years ago but I would say that for the last 5 years I have taken it much more seriously. I'm finally been seeing success and am able to hold my position in my age category. My toughest race was a 24 hour Solo in 2010. This was the first time I participated in such an event, and it was truly gruelling. You ride for 14 hours straight, at 2:00 am its dark and cold and your body is shutting down, and you still have to ride for another 10 hours. This required serious determination and a very clear goal. I was happy just to finish and ecstatic to place 8th out of 75 riders.

Do you have any specific pre-season training that you found has worked to prepare you for your race season?

My best advice about pre-season training is to simply keep your training going during the winter. Plan to engage in cardiovascular exercise at least 2-3 times a week for approx 1 hour. Include warm up, easy routines on the spin bike, light weights and stretching your core muscles needed for biking (glutes, hip flexor, hamstrings, quadriceps and calf muscles and all this muscle groups apply to your skiing!)

How has your bike racing and training translated into ski fitness for guiding in Blue River?

Being bike fit prior the ski season supports injury prevention and helps me get my "ski legs" quickly. I also know I can also put on some extra weight over the winter months to replenish and build muscles through skiing.

Do you have any specific diet do's and don'ts that have worked for you?

One of the easiest places to make gains is in the nutrition department. It doesn't have to be a super complicated diet adjustment: you just have to understand your existing eating habits, where they come from and how to change them. Nutrition is a big part of every biker and I try to eat a healthy and balanced meal including fresh vegetable, fruits,

pasta, fish, and good quality meat as much as possible. Remember, you are what you eat, and what you eat translates into your performance.

Can you share 3 suggestions with our readers that will help them increase their cycling fitness?

Cycling is a great training tool for the ski season and personally these are the 3 things that worked for me:

- Eat a healthy balanced diet. Concentrate on organic and fresh food; no processed food.

- Have a goal in mind; goal setting allows us to establish benchmarks.

- Over the winter building miles and a good base is important. This is critical in building mitochondria (energy cells in muscles) “

Tim McLean - Senior Lead Guide  
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