



#WBsnowready

# *Winter is Coming*

As the early season snow piles up at Whistler Blackcomb, skiers and riders are beginning to prepare for the season ahead. We checked in with Olympic Champion and Gold Medalist (Sochi 2014), Marielle Thompson, for a few tips on how to get [#WBsnowready](#)



## #1. Speed Squats with Tuck Jump

3 squats + 1 tuck jump = 1 repetition  
(2 sets, 5 reps)

\*Tip: Keep knees in line with toes

## #2. Split Squats



*With Rear Foot Elevated*



2 sets, 10 repetitions each leg

\*Tip: Make sure to keep your hip, knee, and toes in alignment. Don't let your standing leg collapse inwards. Keep torso upright.



### #3. *Side Plank*

Start with 30 seconds per side,  
progressing to 1 minute.





If you want to amp it up, try adding leg lifts for entire duration of exercise.

\*Tip: Keep your body in a straight line from your torso through to your hips and toes.



You can also make it more challenging by reaching under your body with your upper arm.






#4. Hamstring Walk-Ins  
(2 sets, 8 reps each leg)

Walk feet out and in keeping your hips  
level.

\*Tip: Make sure not to arch your back.

A close-up photograph of a person's hand holding a waxing iron. The iron has a grey body with black diagonal lines and a red handle. A small amount of clear wax is dripping from the bottom of the iron onto a dark ski. The ski has some white and pink graphics on it. The background is blurred, showing what appears to be a workshop or ski shop.

*Don't forget to wax*

Give your gear some pre-season love with a nice hot wax. Drip the wax onto the base holding the tip of the iron down.

It's easy to apply more wax than necessary so remember to move quickly.



Put the iron to the base and move it down the ski/board to melt the beads of wax you've dropped. Keep the iron moving at all times to avoid overheating and damaging the base.



After you've applied the wax, let the wax cool completely until the base is cool to touch. Scrape the excess wax off from tip to tail.

24 days (or less)  
until Opening Day

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Photos: Michael Overbeck

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