

Cs Life

Off-Season

Essential Training Time



ATHLETE WORKBOOK



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Cs Life

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Note to the reader:

This eBook is written by Shane Harle, an elite coach, who has worked with numerous Olympians, National and Provincial Champions, and local athletes. He is also a dad to a Slopestyle Olympian and a Professional Freeride Skier/Ski Instructor.

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Mental Toughness Matters

It's an advantage.

Mental toughness can be defined as the ability to persevere and maintain focus and determination despite challenges, setbacks, or pressure.

It involves resilience, emotional control, and the capacity to stay motivated and disciplined in pursuit of your goals.

Mental toughness enables you to handle stress effectively, maintain a positive mindset, and perform at your best, even in difficult circumstances.

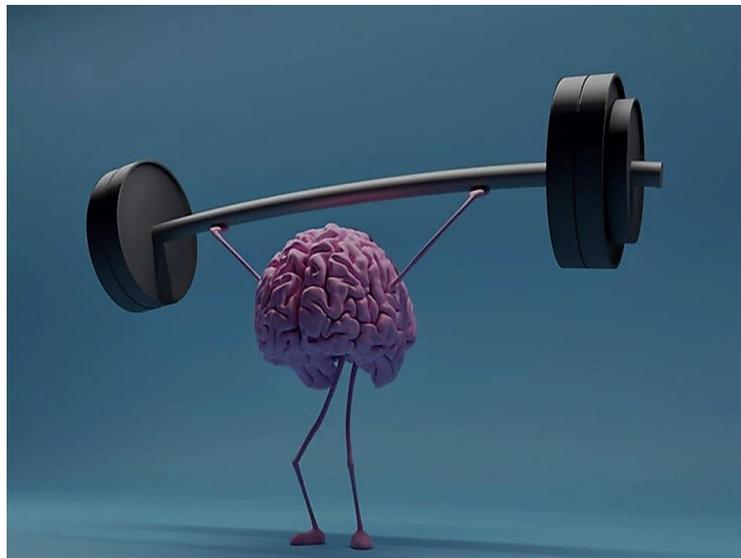
This training workbook is crafted to equip you with skills that will enhance your training and bring you closer to achieving your goals. The mental skills you acquire as you work through each page can be applied to all areas of your life, enhancing your emotional resilience and overall happiness.

I encourage you to invest full effort and laser focus on these exercises to reap maximum benefits.

It's time for your Greatest Self to show up.

Let's go!

Shane



OFF-SEASON TRAINING

Gain an advantage.

Many athletes overlook off-season training, relying on their parents, coaches, or club programs to manage it for them. Take this opportunity to gain a competitive edge.

Invest time and effort in crafting your own off-season plan: focus on skill enhancement, fitness (including injury prevention), and mental and emotional recovery.

Taking control of this planning process is what High Performers do.



Steps to Planning Your Off-Season

1. Time to Reflect
 - Do a truthful self-assessment.
2. Prepare for Next Season
 - Clarify your goals in advance.
3. Get to Work
 - Prepare for next season.
4. Get Focused
 - Make commitments that take you toward your goals.
 - Hold yourself accountable.
5. Make a Schedule
 - It keeps you on track.
6. Add Details
 - Everything matters.
7. Prepare Your Mind
 - Choose powerful thoughts.
 - Decide on a mantra.



TIME TO REFLECT

Do a truthful self-assessment.

It's been a long season.

Before you decide where you want to go, you must get clarity on where you are.



Brainstorm: How do you feel about the current state of your skill set? What are you happy with? What are you unhappy with?

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Brainstorm: How do you feel about your strength and fitness? What are you happy with? What are you unhappy with?

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Brainstorm: How do you feel about your mental toughness? What are you happy with? What are you unhappy with?

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PREPARE FOR NEXT SEASON

Get clarity on your goals.

It's crucial to look ahead and visualize where you want to be when next season begins.

Make these goals measurable and realistic.

What matters gets stated and measured.



Brainstorm: What are your skill goals? What skills would you like to be able to do before the start of next season? Make sure your goals are measurable and detailed.

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Brainstorm: What are your fitness goals? How strong and fit do you want to be going into next season?

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Brainstorm: What are your mental toughness goals? What areas do you need to improve so you are mentally strong going into next season? Make sure your goals are measurable and detailed.

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GET TO WORK

It's easy to pass lazy people.

Most of your competitors are kicking back and relaxing during the off-season.

Preparing and planning your off-season training is an advantage that will get you ahead of the crowd.

How committed are you?



Brainstorm: What can you do during the off-season to acquire the skills needed for next season?

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Brainstorm: What can you do during the off-season to acquire the fitness, strength and other physical attributes needed for next season?

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Brainstorm: What can you do during the off-season to build your mental toughness for next season?

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GET FOCUSED

Make commitments.

If you think it's easy to get your act together during the off-season, you're wrong. If it was easy, everyone would already be doing it. Everyone would already be crushing it.

How will you stay on track, especially on the days when you don't feel like it?

The best way to do this is to make commitments and come up with a plan to keep yourself accountable. Then you should frequently review, refine, and adjust your plan as needed.



Make commitments: Write down what you will commit to this off-season to show up as your Greatest Self when the season starts. These commitments must be measurable actions.

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GET FOCUSED

Be accountable.

Make an accountability plan: How will you stay on track? How will you do things that take you TOWARD your goals, even when you don't feel like it? Who can help you stay on track?

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GET FOCUSED

Review, refine, adjust.

Adjust as necessary: Your Off-Season Plan should be fluid and adaptable. When and how often will you review your plan? Who will you review it with?

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|-----------------|------------|
| When/How Often? | With Whom? |
|-----------------|------------|

MAKE A SCHEDULE

It keeps you on track.

Do you think your competitors have set up a schedule for off-season training? No way!

Taking charge and setting up your schedule will spring you ahead. You will begin next season primed and ready to go.

Setting up a schedule of what you will do and when you will do it, helps you achieve your desired goals.

For each month of your off season, write down what you want to focus on.



Brainstorm: What weeks and/or months do you want to focus on skill development?

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Brainstorm: What weeks and/or months do you want to focus on strength, fitness, and other physical attributes?

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Brainstorm: What weeks and/or months do you want to focus on your mental toughness?

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ADD DETAILS

Everything matters.

Everyone wants it, everyone hopes for it, everyone wishes for it. Don't be like everyone. Wanting it isn't enough, hoping for it isn't enough. Instead, get organized.



For each month, state what you will accomplish. Depending on your sport, you may not need to fill out all 6 months. Fill out the charts below for:

a) Skill set. b) Strength and fitness. c) Mental toughness development.

Month #1

Month #2

| | | | |
|----|--|----|--|
| a) | | a) | |
| | | | |
| b) | | b) | |
| | | | |
| c) | | c) | |
| | | | |

Month #3

Month #4

| | | | |
|----|--|----|--|
| a) | | a) | |
| | | | |
| b) | | b) | |
| | | | |
| c) | | c) | |
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Month #5

Month #6

| | | | |
|----|--|----|--|
| a) | | a) | |
| | | | |
| b) | | b) | |
| | | | |
| c) | | c) | |
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PREPARE YOUR MIND

Every thought matters.

Mental training is the foundation of all development. Your thoughts dictate your emotions, and your emotions dictate the effectiveness of your training.

Train yourself to CHOOSE thoughts that lead you TOWARD your goals.

Start by choosing a mantra; it's a powerful thought that takes you TOWARD your goals.

This mantra is something you can repeat throughout your day, especially when doubt and procrastination creep in to take you AWAY from your goals.



Brainstorm: What thoughts have you used in the past that work?

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Brainstorm: How will you remember to choose powerful thoughts?

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Mantra: Write down 3 thoughts that help you feel strong and powerful.

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OFF-SEASON TRAINING PLAN

Slopestyle example.

This is an example of an off-season training plan from a highly successful slopestyle athlete.

Self-Assessment: Where I am, as an athlete.

- I can execute a right cork about 70% of the time perfectly on snow.
- I ride the rails spinning right very comfortably. I can do a right 270 on and off.
- I have a little bit of pain in my shins.
- I feel pretty motivated as I podiumed at the last event.
- My mind is pretty strong, and I keep choosing positive thoughts. Although when I get tired, I sometimes get withdrawn and quiet.

Prepare for Next Season: Three goals I want to achieve by the start of next season.

- Skills: corks both ways and dialed rail tricks both ways.
- Fitness: strong and flexible, with a focus on knee stability.
- Mental Toughness: feeling mentally strong and rejuvenated emotionally.

Get to Work on Skills: Dial my corks and rail tricks both ways.

Skills I will:

- Ski the park at Whistler for at least 10 days before May 21st.
- Travel to New Zealand for a month in August.

Jumps I will:

- Practice on the trampoline 3 days a week.
- Practice on the airbag at Silverstar in May and June.
- Go to the water camps on July 15th.

Rails I will:

- Hit the skateboard park 3 times a week.
- Set up a dryland rail in my backyard.

Get to Work on Fitness: Be strong and flexible with a focus on knee stability.

- I will do weights three times a week, following a specific freestyle ski workout.
- I will stretch after each work out session.
- When I watch TV, I will focus on stretches that help with my grabs.

Get to Work on Mental Toughness: I realize that choosing my thoughts is vitally important.

- I will train myself to choose thoughts of empowerment, enthusiasm, and gratitude.
- I will set up reminders on my phone and put sticky notes around my room.
- I will schedule time off from training in April, July, September, and November for rest, recovery and as a reminder to have fun!

My Mantra: "Thoughts are Power!"

- I will post my mantra, "Thoughts are Power!" on my bathroom mirror and around my room.
- The home screen on my phone will show, "Thoughts are Power!"

My Commitments:

- I will diligently follow my Off-Season Plan and adjust as needed.
- I will focus on getting stronger in my upper and lower body in the off season.
- I will choose thoughts that feel powerful.

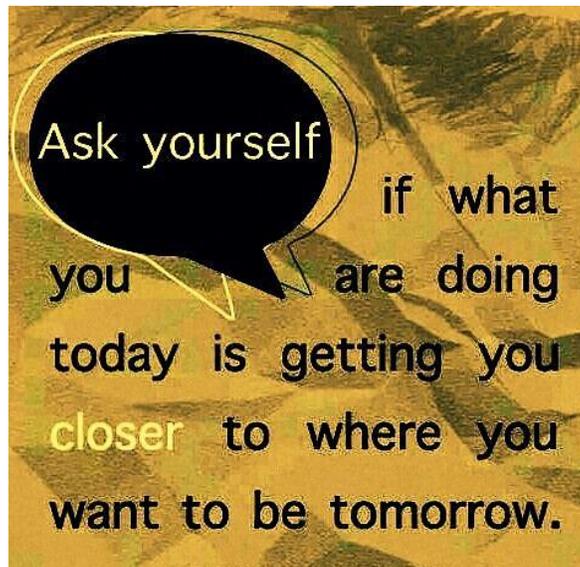
Accountability:

- I will post my Prepare for Next Season goals on the mirror in my bedroom.
- I will post my monthly schedule on the fridge.
- I will put "Thoughts are Power" all around the house and reminders on my phone.
- I will write in my training journal how I am feeling and note my progress.
- I will text my best friend, Casey, every Monday with an update.
- I will use a weekly schedule (see below) to keep me accountable:

| My STRONG thought for this week is: | | | | | | | | | | | | | |
|-------------------------------------|----|---------------|----|---------------|----|---------------|----|---------------|----|---------------|----|---------------|----|
| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
| I will do ... | | I will do ... | | I will do ... | | I will do ... | | I will do ... | | I will do ... | | I will do ... | |
| Did I Keep My Daily Commitments? | | | | | | | | | | | | | |
| Yes | No | Yes | No | Yes | No | Yes | No | Yes | No | Yes | No | Yes | No |
| | | | | | | | | | | | | | |

Review and Refine:

- I will review and refine my Off-Season Plan every two weeks, on Sunday night.
- I will keep doing what's working.
- I will figure out what's not working and adjust accordingly.



Monthly Schedule:

Time to dial in on my strength and get in the weight room. Time to dial in on skills that need improving. Every month I will focus on mental toughness by choosing thoughts that make me feel strong. It's important to schedule rest and recovery and activities that are FUN!

| May | June | July | August |
|------------------------------|---------------------|------------------------------|----------------------|
| Weights | Weights | 2 weeks off for recovery/fun | Train in New Zealand |
| Tramp | Tramp | | Thoughts are power! |
| Dry rails | Dry rails | Weights | |
| Air bag | Air bag | Water ramps | |
| Thoughts are power! | Thoughts are power! | Thoughts are power! | |
| September | October | November | |
| 10 days off for recovery/fun | Weights | Weights | |
| Weights | Skills | 2 weeks off | |
| Thoughts are power! | Thoughts are power! | Thoughts are power! | |

Add Details:

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| May |
| <ul style="list-style-type: none"> • Practice on the trampoline 3 days a week • Slide rails 3 days a week • 3 days/week on air bag • Weights during the second half of the month • Stretch 5 times/week (after workouts and during down time) • Every week I will choose a STRONG thought and put it on my phone |
| June |
| <ul style="list-style-type: none"> • 5 days/week on airbag • Slide rails 3 days/week • Tramp 3 days/week • Weights 3 days/week • Stretch 5 times/week (after workouts and during down time) • Every week I will choose a STRONG thought and put it on my phone |

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| July |
| <ul style="list-style-type: none"> • Two weeks off for fun – wakeboarding and riding my jet ski • Go to the water ramps • Weights 3 days/week • Every week I will choose a STRONG thought and put it on my phone |
| August |
| <ul style="list-style-type: none"> • New Zealand for time on snow • Every week I will choose a STRONG thought and put it on my phone |
| September |
| <ul style="list-style-type: none"> • Take 10 days off after New Zealand for rest and recovery • The weather is still good so I will be on my bike when I'm not at school • Weights 3 days/week starting the second half of the month • Every week I will choose a STRONG thought and put it on my phone |
| October |
| <ul style="list-style-type: none"> • Time to get primed for next season • Weights 3 times/week • Tramp 3 times/week • Stretch 5 times a week (after workouts and during down time) • Every week I will choose a STRONG thought and put it on my phone |
| November |
| <ul style="list-style-type: none"> • Keep the same training schedule for the first week • Take the second week off • Start the next training cycle to be primed for the start of the season in December • Every week I will choose a STRONG thought and put it on my phone |

| My STRONG thought for this week is: My Body Loves Training! | | | | | | | | | | | | | |
|--|-------|---------------|---------|----------------|---------|------------------|-------------|-----------------|---------|---------------|---------|-----------------|----|
| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
| Slide Rails | Tramp | Weights | Stretch | Tramp | Stretch | Weights | Slide Rails | Tramp | Stretch | Weights | Stretch | Air Bag | |
| Did I Keep My Daily Commitments? | | | | | | | | | | | | | |
| Yes | No | Yes | No | Yes | No | Yes | No | Yes | No | Yes | No | Yes | No |
| | | | | | | | | | | | | | |

YOUR OFF-SEASON PLAN

Plan in detail.

Off-Season Plan: Essential Training

| | |
|---|-------------------|
| Self-Assessment: Describe where you are at right now. | Skills: |
| | Fitness: |
| | Mental Toughness: |
| Prepare for Next Season: What off-season goals will help you prepare for next season? | Skills: |
| | Fitness: |
| | Mental Toughness: |
| Get to Work on Your Skills: Describe what you will do to achieve your skill goals. | |
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| Get to Work on Your Fitness: Describe what you will do to achieve your fitness goals. | |
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Off-Season Plan: Essential Training

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| <p>Get to Work on Your Mental Toughness: Describe what you will do to train your mind.</p> | |
| <p>What is your Mantra? What phrase makes you feel powerful and strong? Where will you post it?</p> | <p>My Mantra:</p> <p>I will post it here:</p> |
| <p>Make Commitments: What will you commit to?</p> | |
| <p>Be Accountable: How will you be accountable to your Off-Season Plan? List 2 ideas.</p> <p>Who will help you stay accountable?</p> | <p>1.</p> <p>2.</p> <p>Who will help you?</p> |
| <p>Review and Refine: When will you review/update your Off-Season Plan? Who will you discuss it with and ask for input?</p> | <p>When:</p> <p>Who:</p> |



