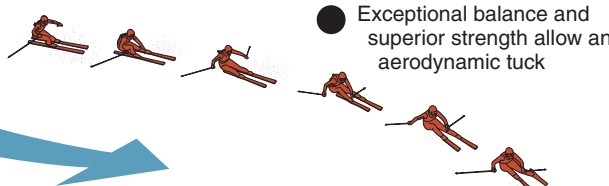


Speed queen

Lindsey Vonn is America's best chance at an Alpine skiing gold medal; her success is credited partly to an intense workout regimen, smart tactics and an ideal body type for Alpine. She might compete in all five Alpine disciplines, but Vonn is at her best in the speed events — downhill and Super G.

Turning in a tuck

Silhouettes at right show Vonn at 70 mph (113 kph) carving a perfectly timed and shaped arc, with no skidding



● Exceptional balance and superior strength allow an aerodynamic tuck

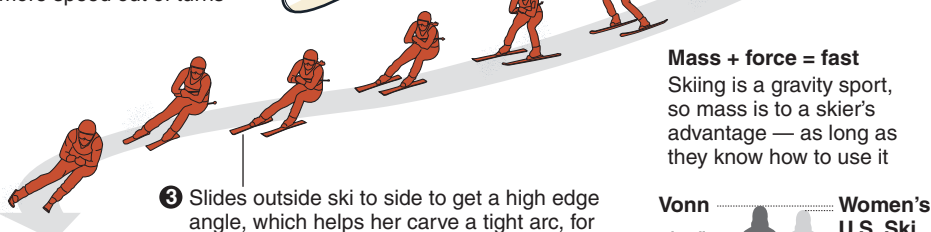
● Starts tuck and stays in it through turn and into next one

Tuck minimizes wind resistance

Hands together and driven forward


Elbows in and close to knees

Uses men's skis, which take more strength to turn but are more stable and allow more speed out of turns



Mass + force = fast

Skiing is a gravity sport, so mass is to a skier's advantage — as long as they know how to use it

Vonn		Women's U.S. Ski Team average
5'10" (1.8 m)		5'6" (1.7 m)
160 lb. (72 kg)		144 lb. (65 kg)

③ Slides outside ski to side to get a high edge angle, which helps her carve a tight arc, for her trademark knock-kneed look.

Workout regimen

To prepare for racing season, Vonn spends part of her summer dry-land training, focusing on cardiovascular, strength, balance and agility work; she's at the gym six to eight hours a day, six days a week

A sample training day

Bikes 1.5 hours, indoor stationary or in mountains

Weightlifting, core and balance work with yoga balls, medicine balls, etc.

Back on the bike

Lunch

Cardio work, including treadmill, bike intervals, balance and coordination exercises, speed and agility drills; may finish with a bike or swim



9 a.m. 10 11 12 1 2 3 4 p.m.