



Stamina Level Overview

Level 3

You can ski all day comfortably off-piste with only short stops for food and drink, you can do this for multiple days on your holiday. If necessary you can ski tour for around 1-2 hrs up hill plus your happy to do a few short hikes to access good snow with your skis on your shoulder or rucksack. Your stamina and endurance fitness is good and you work hard to maintain a good level of fitness. You will be exercising 3-4 times a week and also at the weekend; thus running a half marathon, doing a 50 mile cycle ride, 3-4 hours on a mountain bike or a full day's hill walk would all prove possible with this stamina level.

Level 3

You can ski all day comfortably off-piste and ski tour at an ascent rate of 300m per hour for 3 to 5 hours per day (a total of around 800m - 1000m vertical ascent per day). Your stamina and endurance fitness is good and you work hard to maintain a good level of fitness. You will be exercising 3-4 times a week and also at the weekend; thus running a half marathon, doing a 50 mile cycle ride, 3-4 hours on a mountain bike or a full day's hill walk would all prove possible with this stamina level.

Level 4

You're able to happily ski all day off-piste on challenging terrain and snow, and you can ski tour at a rate of ascent of 400m/hour - thus around 1000 - 1300m vertical (5 hours approximately) each day for consecutive days. You're doing lots of sport each week (4-5 sessions) and you train regularly to achieve a high level of fitness, stamina and endurance. Completing an 80-100 mile cycle ride, a full day's mountain biking or running a half or full marathon is not out of your reach with this stamina level.