

Danish Sailing Clubs - Physical Training Program 2

Agility/Coordination Focus

1 hour of training, 1-2x week

Warm up (10-15 min)

5 min jogging

Circle up and everyone in attendance will choose an exercise or mobility exercise

Rope skipping (10 min) 30 sec on and 10 sec off – repeat 2-3 cycles

1 -- 30 sec – regular

bounce

2 -- 30 sec – run in place

3 -- 30 sec – right leg

hop

4 -- 30 sec – left leg hop

5 -- 30 sec – heel toe

Agility ball with partner (15 min) – 2 min on and 30 sec rest

Upper body and lower body agility training. *For lower body let the ball bounce 2x before catching.

2 min – underhand tosses back and forth catching

2 min – underhand tosses off wall back and forth catching

3x2 min – underhand tosses to ground (2 bounces) catching, stay low in legs

Shuttle Runs (20 min) – Measured course with agility cones on start, 5m, 10m, 15m and 20m.

One cone for each lane. Break group in half and while 1 group is working the other group is resting. From the start line, the athlete will sprint to 5m and back, then 10m and back, and 15m and back and finally 20m and back. The coach will start the group with "runners to their mark, set... GO!" Make sure the athlete uses both sides for decelerating (not running in a circle).

Week 1 – 6 shuttle runs

Week 2 – 8 shuttle runs

Week 3 – 10 shuttle runs

Week 4 – 12 shuttle runs

Cool down (5-10 min) – 800m easy jog and stretching for thighs, hip flexors and hamstrings