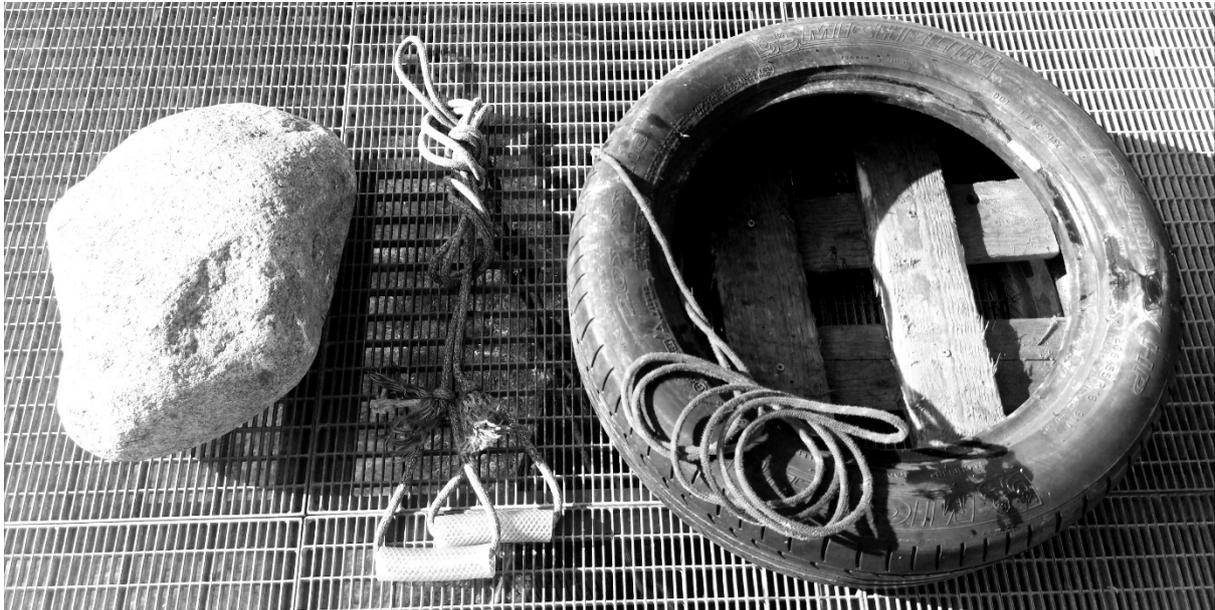


Rock, Rope and Rubber

Danish Sailing Clubs – Season preparation programs 2021



These 3 sailing training programs are called “Rock, Rope and Rubber” because that is the equipment you need for them. Easily sourced rocks, 6-8mm rope, rubber hose, used car tire, wood and screws.

Rock Lifting Program



Around most sailing harbors in Denmark are a beautiful selection of stones to choose from is varying weights and sizes. Once you find a good stone for lifting KEEP IT! Mother nature has provided you with all the wights you need!

Stone lifting for strength program. Stone lifting is one of the oldest tests of strength for men and women and there is a long tradition of stone lifting in European countries. Lifting stones is a tremendous way to build your grip and core muscles because stones are hard to grip and, awkward to lift. When you accomplish a good stone lift it a very satisfying feeling because the stone is not meant to be lifted, if it was easy to lift it would be shaped like a barbell!

If you can't grip it you can't lift it! So, lifting a stone is self-limiting, in a way, and the most dangerous thing about stone lifting is dropping it on yourself or someone near you. So be deliberate in your lifting, lift with good technique, and never be under a stone as it comes down. Let's get started!!! Please watch the videos which accompany this program at (www.???) about stone selection/safety and the technique video. This can be a stand alone program done 2-3x/week for the 6 weeks progression or can be done 1x per week on conjunction with the sled and suspension trainer program.

Warm up (at the coaches' discretion and using materials available to you)

10 min of general warm (jogging, speed school, or game play)

5 min of mobility for the joints using rotations and swings with special focus on the hips, shoulders and spine.

Stone carrying - 1 min rest between sets (increase distance, and/or stone weight as you grow stronger)

2x30m Stone carry in bear hug position

2x30m Stone carry overhead

2x30m Stone carry on shoulder "BOOM BOX CARRY" (1x30m right side and 1x 30m left side)

2x30m Stone crush carry (2-3 smaller stones crushed together and carried at waist height)

Stone lifting – 2 min rest after the 4 exercise circuit (have multiple weight stones for lifting)

Weeks 1 and 2 are 5 (sets) x 10 (reps), (increase stone weight after each 2 weeks progression)

Weeks 3 and 4 are 5x6

Weeks 5 and 6 are 5x3

- 1) Stone bent over row (medium weight stone)
- 2) Stone sumo deadlift (heavy weight stone)
- 3) Stone hug squat (medium weight stone)

4) Stone press overhead (light weight stone)

!!!Stone "BEAST" Finisher!!! (set a strong pace and try to complete over 50+ reps in 12 min)

12 min - stone clean, front squat, press overhead and burpee (with one hand on the stone)