

Danish Sailing Clubs -Physical Training Program #1

Bodyweight Training Focus

1 hour of training, 1-2x week

Warm up (10 min)

1 min of jogging

1 min of side skipping with arm swing (switch sides after 30 sec)

1 min of Zig Zag run

1 min of 5 steps forward and 3 steps back

1 min strait leg run

10 hip rotations each, 10 shoulder swings each, 5 touch the ground and lean back

Rope Over and Unders (15 min) – 10-15m rope tied between 2 anchor points

3x10 Duck under rope moving forward from start to finish

3x10 High knee over rope moving forward from start to finish

3x10 Rotations over rope (round house kick over rope) moving forward

3x10 Duck under rope with rotation (from squat to lunge and push off)

2-4x10 Sideways step over (forward) and back (keep knee above foot)

**progression = raise rope/lower rope, complete backwards, combo exercises, faster*

Deck of Cards (15-25 min) 52 cards plus 3 jokers – Picture cards are 10 (aces are high), number cards are the number on the card 2-10, jokers are a high rep exercises. Each suit is assigned an exercise. Complete the deck with high quality technique as fast as possible.

Diamonds – Bodyweight row (upper body pull)

Hearts – Push-ups (upper body push)

Spades – Sit up (core exercise)

Clubs – Lunges (leg exercise)

Jokers – Jumping Jacks (50) Mountain Climbers (50) and/or Burpies (20)

Cool Down (10 min) All stretches to be performed against wall for 90sec each

Split on wall, Butterfly stretch, Figure 4 glute stretch, Hamstring stretch, thigh stretch

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 and 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

Danish Sailing Clubs – Physical Training Program #3

Power Focus

1 hour of training, 1-2x week

Warm up (6-8 min) - Weighted walks with kettlebells over a 50m course. 4kg, 8kg, 12kg, 16kg, and 20kg needed

#1 – Single arm champion walks R&L (lightest)

#2 – Single arm waiters walks R&L (medium)

#3 - Single arm farmers walks R&L (Heaviest)

Speed ladder (15 min) - no rest time, 1-2 ladders as needed

3x quick feet

3x twist

3x icky shuffle

3x 1 forward & half back

3x hop scotch

2x each split together (front/back)

3x snake (pivot)

3x bear crawl

2x each, single leg figure 8

2x each carioca

Kettle Bell partner swings (10 min) 12kg, 16kg or 20kg kettlebell

Partner 1 completes 10 KB swings and tosses the KB to partner 2.

Partner 2 completes 10 KB swings tosses it back to partner 1.

Week 1 - 100 swings each (10x10)

Week 2 – 120 swings each (12x10)

Week 3 – 140 swings each (14x10)

Week 4 – 160 swings each (16x10)

Battling Ropes (20 min) 2 athletes per 15m rope with rope anchored in the middle. Week 1 – 30sec on 40 off, Week 2 - 35 sec on 45 off, Week 3 – 40 sec on 50 sec off, Week 4 – 45 sec on 55 sec off.

Alternating waves

Double waves

Shoulder flies (face away)

Circles out

Circles in

Upper cuts

Horizontal waves (snake)

Giant slams

Combat twist

Alternating presses (R & L)

Cool down (10 min) Free play with ball or Frisbee