

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