

Tire Sled Program

The tire sled is one of the ultimate strength and conditioning tools available for a sailor. I have turned weaklings into well-conditioned strong men and women only using this tool!

How you may ask? It's because pushing, pulling, walking, and twisting with the sled brings up all the weak links. Any holes from lifting weights, muscle imbalances, or poor movement patterns are filled in and strengthened. It makes a sailor strong from their big toe all the way up to their thumbs and everywhere in-between. I can't say enough good things about the tire sled and how specifying it is at simulating the muscle actions and movements in sailing, you just have to try it! Below is a great 6 week build up program which can be a stand-alone program 2-3x/week or can be done 1x week on separate days from the stone lifting and suspension training programs.



Warm up (medium weight)

1x 30m super man down and drag back

1x 30m carioca down and back (face same direction down and back to train both sides)

Main exercises (Medium to heavy weight)

2x30m 2 arm press down and 2 arms row back

1x30m wood chop down and back (face same direction down and back)

2x30m 1 arm press down and 1 arm row back (right arm 1st down and back, left arm 2nd down and back)

2x30m cross country skier down and hip hinge back

1x30m side bend down and back (face same direction down and back)

Assistance exercises (light to medium weight)

1x30m chest fly down and pull apart back

1x30m front raise down and biceps curl back

1x30m triceps extension down and reverse curl back

The Finisher (Heavy) – 5x30m super man down and drag back (with no breaks)