

Fitness

Goal: To compete and feel comfortable with racing for four straight days in 20+ knots, emphasizing strength, endurance and flexibility.

“You’re sailing upwind and your legs are burning. Think of how the poor guy who hasn’t been working out must feel.” Joe Duplin

TAMUG Sailing Team Workout Options

Stretching: Suggested stretches should address arms, legs, stomach and back before and after exercises.

A. Legs

1. Standing: calf push; legs apart hamstring stretch as you push against a wall; toe touch; quad pull (head tucked); splits.
2. Kneeling: One knee down and other foot forward and thrust hips down; single-legged squat; kneeling knees apart roll back to heels.
3. Sitting: feet together knees bent and push knees to floor; sitting legs straight toe reach; on your back with one foot under butt quad stretch; sitting with legs crossed and push knees together; holding one heel extend that leg.
4. Lying: on your back knees to chest one at a time and across waist; on your back legs bent feet together neck stretches; on your back knees and hips bent 90⁰ feet in the air shoulders flat rotate knees full left to full right; on your side upper body propped to stretch abdomen sides; on your stomach pull feet to buttocks.
5. Groin stretch – lean down to one side with opposite leg extended out, and grasp ankles. Switch sides.
6. Hip Dip – slowly lower yourself into a deep squat with butt below knees. Then push out against your thighs with your elbows and tilt your pelvis backward so your butt sticks out.
7. Side leg-lifts – three sets of 15-20 lifts, alternating legs.

B. Back

1. Stand with feet together and arms at sides. Starting with head, slowly roll spine down toward the floor. Try to imagine each vertebrae rolling forward one at a time. Continue until hands are close to floor. Slowly reverse.
2. Lying on stomach with arms outstretched overhead. Raise and hold alternating arm/leg for 5 seconds and reverse. Do 15-20 sets.
3. Three sets of 10 superman back arches.
4. Maintain good posture while sitting and standing.

C. Arms

1. Standing bent over arm pull from wall; standing arm stretch behind back one hand over shoulder and other up behind back to touch each other; cross chest arm stretch.
2. Rotator Cuffs – using very light weights (less than 15 lbs) and three sets of 10:
 - a. Straight arm forward and up with palms in, and lower with palm out.
 - b. Straight arm sideways and up with palms up, and lower with palms down.

Bent-arm hangs and leg lifts (15-25)

Curls with palms down (18 x 45 lbs)

Dips (12-18)

Lat pulls (18 x 50 lbs)

Bar Tricep extension (18 x 75 lbs)

Crunches (50)

Treadmill run for 10-20 minutes after final set

Leg extensions (18 x 90 lbs)

Leg curls (18 x 90 lbs)

Treadmill run for 10-20 minutes

V. C. Bench: 30-90 minutes of bench in 4:30 to 4:45 minute intervals (*alternate legs*)
Strength and Endurance (alternate uppers and lowers from one day to the next)

A. Ed's Uppers – Strength and aerobic conditioning: 3x15 balance board pushups and triceps extensions; 3x15 single arm bent over lat pulls and reverse chest press (chest pulls); 3x15 pull-ups and alternate side flutter kicks; 3x15 balance board dumbbell curls and nautilus curls; 3x50 crunches and 60 second hold back extensions; 4x15-minute treadmill (5 minutes at 7 and 10 minutes at 8.5), cycle, stairmaster, rowing machine.

B. Ed's Loweres – Strength and aerobic conditioning: several minutes hiking bench; 3x15 leg presses and single leg squats; 3x15 leg extensions and curls; 3 sets isometric squat holding dumbbells; 3 x 10 single leg dips holding dumbbells; 3 x 10 standing knee lifts using weights; 4x15-minute treadmill (5 minutes at 7 and 10 minutes at 8.5), cycle, stairmaster, rowing machine.

VI. Ski Fitness – This emphasizes lower body strength and endurance. Each of these workouts begins with “core” (abdomen and back) and ends with stretching.

A. Core: unless otherwise indicated, do each as three sets of 12.

1. Swiss-ball bridges – get in a push-up position with your shins resting on a ball. Keeping your back straight, slowly bring your knees to your chest, rolling the ball toward you. Pause, then extend. Once you become comfortable balancing, rotate your hips to one side and, as you pull the ball and your knees in, roll the ball along the side of your leg. Alternate legs.
2. Sitting Swiss-ball ab-rotations – Sit on the floor, leaning so your back forms a 45-degree angle the floor. Hold a ball in front, slowly rotate it to one side, and touch it to the floor. Pause, bring the ball across your chest to the other side, touching the floor to complete a repetition.
3. Supermen – lie on the floor and raise one arm and the opposite leg. Hold for a two-count, then lower and reverse sides. 60 reps.
4. Back extensions – with the ball under your stomach, extend your hands and balance on the floor. Slowly raise your legs until they are in a straight line with your back.

B. Daily Workouts: each exercise should emphasize going slow and maintaining form.

1. Monday and Thursday: Strength
2. Tuesday and Friday: Plyometrics and Rope jump

C. Strength: unless otherwise indicated, do each as three sets of 12.

1. One-legged balance squats – with one leg extended forward, squat down on the other, keeping your hips, knees, and toes aligned and your

torso upright. If necessary, keep a hand on a wall or chair. Complete as many reps as you can with each leg. Try with eyes shut or on balance beam.

2. Barbell squats – with your feet shoulder-width apart, place the bar across back of shoulders. Keeping your back straight, slowly squat until thighs are parallel to the ground.
3. Single-leg Iron Chair – with a ball behind your back and against the wall, lower yourself on one leg with other outstretched. Hold for two seconds and return.
4. Swiss-ball hamstring curls – lie on the floor on you back with heels on ball. With your shoulders on floor, raise pelvis off ground to form bridge. Slowly draw heels toward you, pulling the ball toward your butt until the soles of your feet are on top of the ball.
5. Multi-lunges – holding medium weight dumbbells straight overhead, take a stride forward with you left foot until thigh parallel to floor. Pause, return to standing, and step out at 45-degree angle. Pause, return to standing and step straight out to the side. Repeat with other leg.

D. Plyometrics and jump rope

1. Lateral box jumps – stand next to a box or bench 12-18 inches high. With most of your weight on outside leg, spring laterally over the box and land on opposite foot. Absorb the impact with your quads. Explode continuously for 30-45 seconds. Once you can do that, bound while keeping both feet together.
2. Jumping rope – with both feet together, jump for 10 minutes.
3. Scissor Jumps – jump into a lunge position with your left foot in front of the right. Then jump up and switch feet in the air, landing with legs reversed.
4. Forward Bounds – Set up 10 cones in a line on a field. Jump over each with both feet. The moment you hit the ground, immediately explode forward again.

VII. All-around workout; good for getting back into it without getting sore.

A. Upper

Pushups (25)

Nautilus Triceps (15x120)

Pull-ups (15)

Pull-up bar: hip rotator, side flutter

Single arm leg flutter kick

Balance board bent leg reverse curls (10x65)

Lat pulls (15x50)

Dips (20)

Crunches (50)

Back extensions (1 minute)

C. Aerobic: 15 minutes on any two of: treadmill, rowing, stair-master (25 lb dumbbells), bicycle.

B. Lower

Leg press (15x220)

Leaps (10 double-, 10 single-leg)

Single leg squat machine (20x115)

Balance board (1 min; 45 lb dumbbells)

Single leg squats (holding 45's)

Notes:

1. You must exercise for at least 40-45 minutes before your body begins to burn stored body fat. Exercise must be continuous; do not stop to chat and then restart. Stretch before and after every workout.
2. Ideally, work out 5-6 days per week. With your limited schedule, recognize that doing what you can is better than none at all. "If you are getting tired in a windy regatta, imagine how the person who hasn't worked out feels."
3. Taper towards the event (one week).
4. While on bench, maintain shoulders beyond hips.