

## **Exercise examples and training methodology for physical training during sailing without equipment**

The following lists give you an idea of exercises for a physical training without gym. The lists are not final, depending on infrastructure change exercises, add new ones, do other variations.

Before you start to train the exercises do a 5-10 min dynamic warm up with running or a easy game.

Then do the exercise as

- a) a group course - everybody is doing same exercise, so easy to control and give corrections
- b) a circuit training – 15 sailors, 15 exercises, change after every exercise
- c) a group circuit training – 15 sailors, 5 groups, 5-8 exercises

As methodology do strength endurance and regulate training intensity with exercise time or exercise repetitions and time of break.

Example for hard training: one series = 10 exercises, exercise duration 120s or 60 reps with break of 15 seconds between exercises, depending on time you have do 2-3 series with 2 min active series break (i.e. easy jogging)

Example for easy training: one series = 10 exercises, exercise duration 30s or 15 reps with break of 30 seconds between exercises, depending on time you have do 3-6 series with 4 min active series break (i.e. easy jogging)

Remind:

There is no perfect methodology for your group – adapt regulating factors of intensity on level of your group and on how tired you wanna make them.

Only one thing that has to be focused on as a STOP factor:

**Exercise quality has to stay perfect, if quality decreases do less reps and longer breaks.**

Do stretching exercises after a sailing day, every muscle 1-2 x 30s.

## Leg exercises

<b>Nr</b>	<b>exercise</b>	<b>variation</b>
1	squat	body weight, partner
2	overhead squat	stick, arms vertical, med ball, etc
3	lunges	bodyweight, front, back, rear foot high
4	lateral lunge	
5	forward lunge forearm to instep	
6	backward lunge with twist	
7	box / stairs lunge	
9	nordic hamstrings	bodyweight with partner
10	inverted hamstrings	

## Dynamic exercises:

10. base rotation
11. base side to side
12. one leg over line
13. split jump
14. squat jump

Arm / shoulder exercises

<b>Nr</b>	<b>exercise</b>	<b>variation</b>
1	push up	floor, feet high, on knees, narrow wide
2	standing side push up	use wall
2	dips	bodyweight on bench, narrow, wide
3	pullup below bar	bodyweight, narrow or wide grip
4	overhead press	use stones, bottles, etc as weight
5	elevation	use stones, bottles, etc as weight
6	abduction	use stones, bottles, etc as weight
7	rotation in front	use med ball, other weight

Core exercises on floor

<b>Nr</b>	<b>exercise</b>	<b>tool</b>	<b>variation</b>
1	arm raising lying	bodyweight	for deep abdominals
2	leg raising lying	bodyweight	for deep abdominals
3	diamond	bodyweight	for deep abdominals
4	sit up	bodyweight	for abdominals
5	pull over	medicine ball	for deep abdominals
7	belly jumper	bodyweight	for back
8	belly superman	bodyweight	for back
9	bridging	bodyweight	for back/hip
11	heel to ceiling	bodyweight	for back/hip
13	diamond lateral flexion	bodyweight	for abdominal side
14	hip cross over 45/90 degrees	bodyweight	for abdominals side
15	pillar bridge side	bodyweight	for abdominals side
16	quadruped arm extension	bodyweight	combined stability
17	quadruped leg extension	bodyweight	combined stability
18	quadruped arm & leg extension	bodyweight	combined stability
20.	pillar bridge		

Core exercises not on floor

<b>Nr</b>	<b>exercise</b>	<b>tool</b>	<b>variation</b>
6	leg raising hanging	bodyweight	for deep abdominals
10	extensor	bodyweight	for back/hip/shoulders
20	wood chop	bodyweight and med ball	combined stability
3	good morning	barbell/dumbbell	

5	internal/external rotation	isometric, partner exercise
19	hand walk	

### Stretching exercises

Nr	exercise	tool	variation
1	deep and superficial calfs		
2	quadriceps lying on side		
3	hamstrings lying on back		
4	bum lying on back, kneeling on floor or standing in front of box		
5	hip flexors		
6	adductors sitting		
7	spine extension/flexion		
8	spine lateralflexion		
9	scorpion		
10	chest		
11	upper back		
12	lower back		
13	abdominals		
14	latissimus		
15	triceps		