

Fencing Fitness and Footwork: Week 2 - Half Steps

For the sessions on Tue 29 Sep 2020 & Sat 3 Oct

Print these sheets as your daily training log. Complete each task as best as possible each day. Tick the box as you get a task done, then move on to the next exercise.

Recommendation:

for serious fencers: 2 or 3 times a day 5 days a week
for other fencers: once a day, 5 days a week
for maintenance: once a day, 3 days a week

Alternate days of strength training and footwork training is good if they want to keep the daily time commitment short.

Clear the exercise area well. Don't get hurt!!
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60 minute session

Task	Repetitions*	Tu	W	Th	F	Sa	Su	M
WARM-UP								
Running on sport (variable speed)	45 seconds							
Running with high knees	45 seconds							
Butt Kicks	45 seconds							
Running Fwd & Bkwd	45 seconds							
Running Rt & Lt	45 seconds							
STRETCHING & STRENGTHENING (All standing position)								
Slow athletic Lunge: Rt and Lt	5/side							
Slow athletic lunge with torso rotation Rt & Lt alternatively	5/side							
Slow athletic lunge with raising arms	5/side							
Slow squats (upright)	20							
Circle arms Fwd, Bkwd	30 sec							

Task	Repetitions*	Tu	W	Th	F	Sa	Su	M
Lean over, then raise your arms sideways	15							
Rotator cuff (shoulder): int & ext rotation	15 / arm							
FOOTWORK								
1 step fwd, 1 step bkwd, 2 steps fwd, 2 steps bkwd, 3 steps fwd, 3 steps bkwd, then reverse order	10							
Half step forward, double step back	15							
Half step backward, double step forward	15							
Half step forward, step lunge	15							
COOL-DOWN (Static stretch)								
Athletic lunge & hold: Quads, Psoas	Hold 10 - 20 secs , 2 -3 times							
Hamstrings								
Hip adductor (inner thigh muscles)								
Calf								
Shoulder: rotator cuff								
Arm: Triceps								

*Recommendation only.

Have fun!!