

## Fencing Fitness and Footwork: Week 3 - Defensive Actions

For the sessions on Tue 6 Oct 2020 & Sat 10 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 you want to keep the daily time commitment short.

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

### 30 minute session

Task	Repetitions*	Tu	W	Th	F	Sa	Su	M
<b>WARM-UP</b>								
Running on sport	30 seconds							
Running with high knees	30 seconds							
Running with butt Kicks	30 seconds							
Jumping in a cross pattern: Fwd - Centre,, Rt - Centre, Bwd - centre & Lt - Centre	10							
Running in a cross pattern: Fwd - Centre,, Rt - Centre, Bwd - centre & Lt - Centre	10							
<b>STRETCHING &amp; STRENGTHENING (All standing position)</b>								
Slow athletic Lunge: Rt and Lt	10							
Slow athletic lunge with torso rotationRt & Lt alternatively	10							
Slow athletic lunge with raising arms	10							
Swinging leg/Hamstring stretch	10 each leg							

Task	Repetitions*	Tu	W	Th	F	Sa	Su	M
Bending over from waist, raising arms sideways	10							
Rotator cuff: int & ext rotation	10							
<b>FOOTWORK</b>								
1 step fwd, 1 step bwd, 2 steps fwd, 2 steps bwd, 3 steps fwd, 3 steps bwd, then reverse order	10							
Agility: 2 steps forward, 2 steps backwards.	10							
Agility: 2 steps forward, lunge, recover, 2 steps backwards.	10							
Half step forward, double step back. (the check)	15							
Agility: 2 steps forward, half step forward, step back, jump back.	10							
For Sabre: half step forward, quick retreat using crossovers.	10							
Shadow fencing: Imagine fencing an imaginary opponent, being on the defense. Try to beat them.	5							
<b>COOL-DOWN (Static stretch)</b>								
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!!