

Fencing Fitness and Footwork: Week 3 - Change of tempo

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!!

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							
Jumping in a cross pattern: Fwd - Centre,, Rt - Centre, Bwd - centre & Lt - Centre	15 reps							
Running in a cross pattern: Fwd - Centre,, Rt - Centre, Bwd - centre & Lt - Centre	15 reps							
STRETCHING & STRENGTHENING (All standing position)								
Slow athletic Lunge: Rt and Lt	5/side							
Slow athletic lunge with torso rotationRt & Lt alternatively	5/side							
Slow athletic lunge with raising arms	5/side							
Hamstring dynamic stretch	10 /side							

Task	Repetitions*	Tu	W	Th	F	Sa	Su	M
Rotator cuff (shoulder): int & ext rotation	15 / arm							
Bending over from waist, raising arms sideways	10							
Standing with one leg, hold, then bend to superman position, hold, return.	15							
En garde with front foot off the ground.	20 seconds							
FOOTWORK								
1 step fwd, 1 step bkwd, 2 steps fwd, 2 steps bkwd, 3 steps fwd, 3 steps bkwd, then reverse order	10							
2 slow steps, 2 medium speed steps, 2 fast steps. Forwards and Backwards	10							
Slow lunge, medium speed lunge, fast lunge.	10							
Splitting a double step lunge: 1. Slow first step, fast second step, fast lunge. 2. Fast first step, slow second step, fast lunge. 3. Fast first step, fast second step, slow lunge**.	5-10 each							
Splitting a step lunge: 1. Slow start of step, fast finish of step, fast lunge. 2. Fast start of step, slow finish of step, fast lunge. 3. Fast start of step, fast finish of step, slow lunge**.	5-10 each							
COOL-DOWN (Static stretch)								
Athletic lunge & hold: Quads, Psoas	Hold 10 - 20 secs , 2 -3 times							
Hamstrings								
Hip adductor (inner thigh muscles)								
Calf								

Task	Repetitions*	Tu	W	Th	F	Sa	Su	M
Shoulder: rotator cuff								
Arm: Triceps								

* Recommendation only.

** Lunge with long air time. Start slow, then accelerate.

Have fun!!