



# Fitness For Sailing



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## General Pre-exercise Routines For Youth Sailors

### Key principles:

Always warm up before you start any 'energetic' exercise!

Always stretch after vigorous exercise!

Never exercise when injured unless you have checked with a physiotherapist/Doctor that it is ok to do so!

### Getting With The programme:

- q Warm up
- q Mobility exercises
- q Game/exercise/training
- q Stretching while warm

## 1. The Warm up

5-20 mins duration



**Exercises:** Jogging, walking briskly, cycling, etc

**The aims:** This section is just to start to get the body ready for action. All activity should be gentle and not athletic as this could lead to injury. Wear appropriate clothing i.e. tracksuits, and layers depending on the weather conditions (even indoors). Your

sailors should be sweaty at the end of the session.

**Coaching Tips:** This could be done even before boats are unloaded. Many injuries are caused by people jumping out of cars and lifting heavy objects without warming up.

**Try to insure that your sailors travel to training weekends with tracksuit and are ready to go when they arrive.**

**Note** : most pictures show minimal clothing worn in order to highlight the positions).

## 2. Mobility Exercises

(5-20 mins duration)

The aim of this session is to start to single out specific ligaments, tendons and muscles, preparing them for exercise.

### A) Hip circles and twists

Hip circles: Hands on hips, feet spread further than shoulders.

Keep head still, make circles with your hips, clockwise and then counter-clockwise. (10-40x each direction).



Hip twists: Straighten arms to shoulder height. Then twist arm and torso to the right, allowing weight to move onto right leg. Repeat to each side alternately. (10-40x each side).



### B) Arm circles and opposite arm circles

Arm circles: In same stance as above, rotate both arms alternately in a circle forwards allowing hands to touch near thigh (if any problems with shoulders, do not swing hands above height of the shoulder). Repeat direction of both arms. (10-40x each direction).

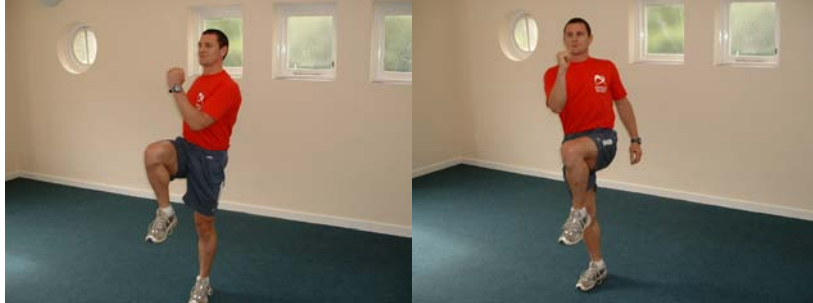


Opposite arm circles: As above, but have both arms rotating clockwise (! will appear to be opposite directions). Then repeat in the other direction. (10-40x each direction).

Also can incorporate gentle wrist rotations within these exercises to loosen forearms.

**C) Knee raise and twists**

: Lift right knee while balancing on the left leg, then rotate torso to the right side and touch the left elbow with the right knee. Repeat on the other side. (10-40x each side).



**D) Heel taps and 'look'**

Heel taps: While standing, lift right heel towards buttock and touch sole of foot with the left hand.

And 'look': while tapping right heel, look over the left shoulder to look at the sole of the right foot. (10-40x each side).



**E) Across body leg swings. ("Pendulum")**

Bend leg at knee and raise to hip height. Swing right leg across the body to the left, and then out to the right fully opening the hip joint. (do all reps on this leg, before changing sides). (10-40x each side).



**F) Side to side switch with opposite arm and leg. (“Robot”)**

Standing, put right leg out to side 20-30cm, and at the same time lift left arm out to the left side at shoulder height. Then bring right leg in and left arm down to the side, and put the left foot out to the left side and right arm up to the right side. Keep alternating side to side and increasing the speed of change over until all reps done. (10-40x each side).



**G) Forward and backward leg swings**

While standing, cock and then kick the right leg to the front and slightly across the body with partially bent knee, to contact with the left hand at ~ waist height directly in front of the left arm. Repeat on the other side. (10-40x each side).



**H) 1-leg Balance, and ankle ‘circling’**

Stand on right leg, and lift left leg off the floor. Balance without holding on to anything for 15 seconds. With left leg do ankle ‘circling’ first clockwise 4-5 turns then anti-clockwise 4-5 turns. Then repeat on the other leg.



**I) Shoulder shrugs.**

Adopt an upright standing position. Gentle raise both shoulders towards the ears and hold briefly, then lower the shoulders and depress the shoulders towards the floor. Repeat rhythmically for ~10 reps or until neck, and upper back invigorated.



**J) Karate punches.**

Adopt upright position. Perform slow karate punch, while holding torso stable. Increase rate of punches while still maintaining a still standing position. Total punches 20-40.



# General Post Exercise & Training Routines For Sailors

Stretching is an essential routine to help prevent injury and to help fatigued bodies cool down efficiently.

General Principles: You can only stretch muscles and ligaments that have been warmed up. This may mean that on a cold day you have to warm your sailors up before stretching.

If you are in any doubt or experience pain when doing these stretches then you must consult a doctor or physiotherapist

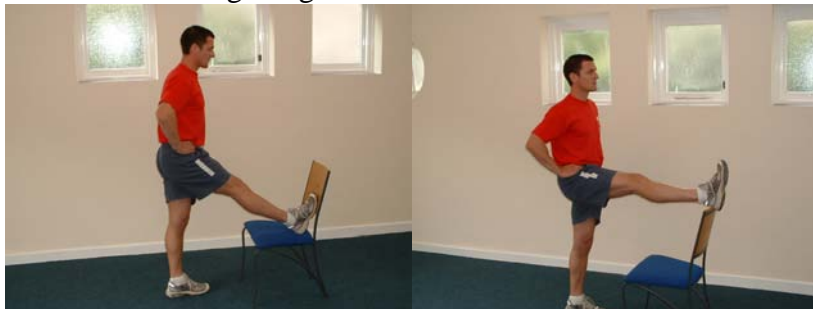
1<sup>st</sup> **5-20 mins** of gently exercise. Wear appropriate clothing.

2<sup>nd</sup> **5-20 mins** of Stretching exercises. Keep body temperature up.

## 3. Stretching exercises

### A) 1-leg Hamstring stretch

Standing on left leg and keeping the left foot pointing straight ahead, lift right leg in front and place right foot on an object at hip height. Bend forward slightly to initiate a stretch on the right leg. Hold the stretch for 20-60 seconds. Repeat on the other leg.



### B) 1-leg Adductor stretch

In the same position as above. Rotate the standing leg ~90 deg (shown on opposite leg). Hold the stretch for 20-60 seconds. Repeat on the other leg.



**C) 'Dog' stretch (Calf and Hamstring)**

Adopt an all '4's position on the floor. Without moving hands and feet, lift the knees off the floor, lift the buttocks as high as possible straightening legs and dropping the heels. Hold the stretch for 20-60 seconds. Repeat again if required.

**D) Whole-back stretch. (from chair)**

Grasp under thighs pulling chest onto the thighs and allowing head to drop forward. Hold the stretch for 20-60 seconds. Repeat again if required. If necessary move feet further away (1cm every 15-20 secs).



**E) Stomach stretch**

Laying on your front. Place hands under shoulders and slowly extend the arms to place a stretch at the front of the body. Hold the stretch for 20-60 seconds. Repeat again if required.

**F) Kneeling Hip-flexor stretch**

While kneeling place the right foot a large step away from the left knee (ensuring that the knee angle is not less than 90deg.). Then place your weight over the right leg to stretch the muscle from the left knee into the left groin. Hold the stretch for 20-60 seconds. Repeat on the other leg. Repeat again if required.



**G) Buttock stretch**

Laying on the back pull the right knee towards the chest. Hold the stretch for 20-60 seconds. Repeat on the other leg. Then repeat again on both legs if required.



#### **H) Shoulder-rotator stretch**

Laying on back, arms at sides. Keep elbows as close to the ribs as possible, and touching the floor. The forearms should be at 90 deg to the upper arm. Try to push the backs of your hands towards the floor hold for 5-10 seconds. Repeat again for 3-10 reps.



#### **I) Chest stretch**

While sitting/kneeling. Place both hands on the head, and slowly pull the elbows back to place a stretch at the front of the shoulder and chest. Hold the stretch for 20-60 seconds. Repeat again if required.

#### **J) Tricep stretch**

While sitting/kneeling. Place the right hand behind the head, and place the other hand on the right elbow and slowly push the elbow down towards the floor. Hold the stretch for 20-60 seconds. Repeat on the other arm. Repeat again if required.

#### **K) Bicep stretch.**

While sitting/kneeling. Place the right hand behind the head, and place the other hand on the right elbow and slowly push the elbow down towards the floor. Hold the stretch for 20-60 seconds. Repeat on the other arm. Repeat again if required.



### **L) Wrist stretches 1 & 2.**

1: While sitting/kneeling. Place the backs of the hands together (fingers pointing down and thumbs pointing towards the abdomen). With elbows out to the sides of body, try to increase the stretch in forearms by lowering the elbows slightly. Hold the stretch for 20-60 seconds. Repeat again if required.



2: From kneeling place the palms on the floor in front of the body, fingers pointing back towards the knees and thumbs pointing out to sides and forearms rotated outwards. Use bodyweight, or place hands further away to increase the stretch. Hold the stretch for 20-60 seconds.

\* Other more specific stretches should compliment these basic exercises if necessary.

## **4. Warm Up Games**

**Making fitness fun**

### **A) Cone relay**

Divide group into teams of 4 or 5 and get them into a line one behind the other, with each team next to each other. Lay lots of cones out in front of each team (the same amount for each team). The idea is that the first person from each team runs forward and collects one cone, returns to the line and puts down just in front of the team and joins the back of the line, then the next person goes until all the cones are stacked up in front of the team. The winners are the team that completes first.

### **B) Turning cones**

Divide group into 2 teams. Scatter lots of cones over a large area (30mx30) some upside down and some the right way up. For one team the objective is to turn as many cones upside down as possible and for the other team they must turn cones the right way up. Start with a whistle and run the game for about 90 seconds. The team that has more cones their way up wins.

### **C) Coloured lines**

Ideally find a grid square or mark a large square on the ground about 10mx10m. Using four different colours mark out each line with a cone in the middle of the line. The whole group starts on one line, you call a colour "blue line" and they run to that line. After 3 or 4 goes take away the cones, so they have to memorise the colours, try to confuse them by pointing to the wrong line as you call a colour.

#### **D) 5v1**

This has many different possible conditions. It was first used for rugby but can be used for any ball game. Using a marked area, ideally about 10mx10m. Divide the group into 6's, one group per area. The first condition is 5v1. The 5 must pass the ball between themselves without the 1 intercepting, tagging the player with the ball or the ball hitting the ground (unless you are using the bounce pass say for basketball or netball). When the 1 gets the ball he or she swaps with the player who last had the ball before it was lost. Some possible conditions on this are 4v2, only passing the ball backwards (rugby style), you cannot pass straight back to the player you just received the ball off and no over head passes.

#### **E) Snake walking**

Give every person one cone. Tell them to place the cone down over a large area 30mx30m minim, then divide the group in teams of 5 or 6. In their teams they must stand in a line one behind the other. On the whistle the person at the front of the line leads the team to his or her cone without breaking the snake (line) or touching another cone. He or she then stands by their cone and the next person in the line leads the snake to his or her cone. As the snake passes the first person then he or she joins the back of the line.

The aim is to pass everyone's cone in your team and get back to the finish first without breaking the snake or touch another cone.

#### **F) Bib tag**

Using coloured bibs or ribbons, get the group to place part of the ribbon at the top of their shorts, leaving a tail out behind. Nominate two chasers who must try and collect as many tails as possible. Use a restricted area about 20mx20. Once you have lost your tail then you become a chaser until only one person is left - the winner.

#### **G) Ball pass relay**

Mark out two lines about 60/70metres apart. Divide the group into teams of 4 or 5 and give them one ball per team (any ball will do, football, rugby, etc.) The aim is starting at one end they must get the ball to the other line and back without running with the ball and without the ball touching the ground. If the ball touches the ground or they run then they must start again. The winning team is the team who is first back or the most amount of completed goes in 90 seconds.

#### **H) All v all**

Use a marked area about 20mx20m for a group of 15. Each person has a football. The aim is dribble round the area trying to knock other peoples balls out of the area, whilst keeping control of your own ball, you cannot leave your ball. Players are eliminated from the game if their ball is kicked out of the area. The game continues until one player is left.

**I) Nutmeg races**

Divide the group into two teams. Give one team a football each. Position the other team about 10m apart scattered around an area, standing with their feet apart. The aim is for the team with the balls to pass the ball through the legs or nutmeg as many opponents as possible. Players cannot pass the ball through the same opponent twice in succession. After 2 minutes add up the combined score and then swap roles, the winning team is the one with the highest combined score.

**J) Dodge ball**

Divide the group into two teams, using a 20mx20m area, give one team a football each. To start the team without the balls stand in the area and the team without stand outside, on the whistle the team with the balls dribble into the area and try to hit a member of the other team below the waist with the ball, once you are hit you are eliminated and must leave the area. After everyone is eliminated, teams switch roles. The winning team is the fastest team to eliminate all opponents. Remind the players that it is accuracy not power that counts.

**K) Chain tag**

Using an area about 20mx20m. Nominate 2 players to be taggers. They must run round trying to tag the others, when you have been tagged then you form a chain with your tagger by holding hands. There can only be two chains and the winner is the last person left.

**L) Circle run**

Divide the group into two teams, pair each player with a person from the other team, give each pair a number. Mark out a large circle and get each pair to stand opposite each other around the circle. You call out a number and then they race to the other side of the circle, changing places with their opposite number, the first one to the other side scores a point. Continue calling random numbers for about 5 minutes, sometimes calling 2 or 3 numbers at once. Then at the end of 5 minutes calculate the scores, highest wins.

**M) Circle commands**

Organise as in circle run. This time one member of each pair has a football. The game begins when you call out a number. The person with the ball for that number must dribble the ball round the outside of the circle anticlockwise and the other person must try to catch them up and tag them before he or she gets back to their starting position. If you get back untagged then you keep the ball, if you get tagged then the other person gets the ball. The size of the circle should be that the catcher has a reasonable chance of catching the dribbler, a variation can be the dribbler must complete two laps of the circle.