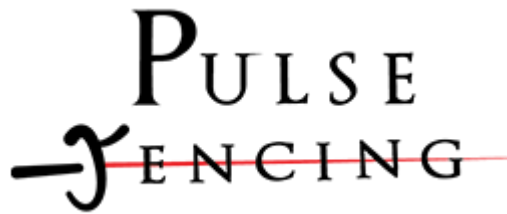


Training Plan



This training plan has been made to help fencers build to get the best results in competitions and growth throughout the fencing calendar. This training plan will be adjusted depending on the level of the fencer. If you are wanting to do further training, please consult with your coach first.

Cardio – Choose one per workout

- Longs Runs
 - Ten minutes of running/biking/swimming
- Sprints
 - 8 x 50m sprints – basic warm up should be done before
- Skipping – Time allowance
 - 200 x Normal skips
 - 200 x Alternate feet
 - 100 x Left foot
 - 100 x Right foot
 - 20 x Cross overs
 - 20 x Double jumps

Stretching – Should be completed every workout

Muscle Building – Choose one per workout

- Arms
 - Triceps – push ups x 40
 - Biceps – Push ups x 40
- Abdominals
 - Sit ups x 50
 - Side to side x 50
 - Leg ups x 50
- Legs
 - Squats x 50
 - Lunges x 50
 - Calf raises x 50

Fencing Specific – Choose one per workout

- Footwork – Steps Focus - Ten Minute exercises like at club, can be technique, agility or speed based. Ensure that small steps variable steps and half steps are incorporated.
- Footwork – Lunges Focus – Ten Minute exercises either focusing only on lunges to do distance, speed, power, and acceleration. Can also be based on incorporating them into movement.
- Target work – If you have a foil and a makeshift target focus on the technique of the hit, relaxing the shoulders and getting correct distance for each hit. Can be done at extension, step, lunge, step lunge or variable movement distances.

Further Notes:

- Watch as much fencing as possible, this will help with your understanding of how fencers move think and act.
- A balanced diet is essential for muscle growth and development, all athletes must look after their bodies if they expect to perform.
- Keep a training and fencing diary, reflection is key, notes will help you in the future.