

Circuit Training for Optimists sailors

This aim of this circuit is to develop muscle strength and power.

Before every circuit it is important to warm up fully, doing a short run (about 7 – 10 minutes) and to perform a series of stretches (like what was done during the training camp).

For the first week you should perform each of the exercises 10 times ensuring you are using the correct technique all of the time. After that move on to the following the following times for training:

1. 20 seconds on / 15 seconds off
2. 25 seconds on / 15 seconds off
3. 30 seconds on / 15 seconds off

Try to complete as many repetitions as possible during the allocated time. Do remember though that there is NO point in doing the exercises if you are not using the correct technique. Start at the number 1 and when you can complete 3 quality circuits at that work rate move on to number 2. You should take 1-2 minutes during circuits but remember you want to keep your heart rate up during this time.

EXERCISES

Press up on knees / Press up

Ensure your body is flat whilst performing the press up
Do not arch your back
Do not stick your bum in the air
Do go down to within a fist of the ground

Lunges

Cross your arms over your chest
Step forward with one leg bending both legs as you go forwards
Keep your upper body straight all of the time
Ensure the front foot is flat on the floor, heel of front foot should not leave the floor
Step front leg back to meet back leg
Repeat on other side

Sit up

Lie on ground and bend knees up
Do not get anyone to hold your feet
Feet should be flat on the floor
Cross arms across chest, do not hold onto t-shirt
Sit up so that elbows meet knees
Lower down do that shoulders come into contact with floor
There should be no bouncing up and down it should be a controlled movement all of the time

Squats

Stand with feet a little more than shoulder width apart
Turn feet out slightly
Cross arm across chest
Keep upper body completely straight all of the time
Squat down as far as you can, but NEVER let heels raise off ground, STOP before they do.
Only go as low as you are able to

Back Extensions

Lie on the ground on your front
Place your hands by your ears
Raise your upper body off the ground
Do not throw your head back, keep looking at the ground all the way through
Hold for a count of two and then lower back down

Sword dance

Begin on the ground on your hands and knees
Take your opposite arm and opposite leg off the floor at the same time, raising your arm out straight in front of you and your leg straight behind you

Hold for a count of two
Return to starting position
Repeat on other side

Leg Raises

Lie on the ground on your back
Place your hands under your bum so that your back is flat on the ground
Raise your two legs off the ground together
Lower them back down
Do NOT allow them to touch the ground when you lower them, keep them 3 to 4 inches from the ground at all times

Burpees

Start standing up
Place hands to ground
Jump both legs backwards together
Jump them both back in to your hands
Raise hands off floor
Jump up in the air
Repeat action

At the end of every session, spend a short amount of time allowing your body to cool down. This will reduce heart rate gradually, prevent muscle soreness and help you relax. A light jog or similar activity is good for this and stretching should be part of every cool down.

Remember:

Only you can do the circuit.

Only circuits performed with the proper technique are worthwhile.

Try and perform circuits when your heart rate is up.

You should try and do the circuit at least every second day if you want to improve.