

Fitness Routines for Fencing

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The following fitness routines are courtesy David Littel of the Liberty Fencing Alliance. David has been coaching foil fencing for the last 10 years on a volunteer basis. In his training as a coach, he has attended the U.S.F.A. coaches college several times and has studied with a number of high level coaches. He was a member of the 1988 U.S. Olympic Fencing team.

Plyometrics

1 minute hopping, jumping jacks and hopping in circle. Rest and do it again.

2 x 10 vertical leap

2 x 10 standing broad jump

2 x 10 fencing position leaps

1 minute jogging at different speeds

2 x 10 jump up and catch the knees

Jump rope circuit training

Jump for 2 minutes then stop for short stretch

Now 60 seconds of jumping, keep up the pace, change steps as you like.

Alternate one minute of jumping with the following 6 strengthening exercises (which should not take more than one minute each)

2 sets of 15 pushups

2 sets of 15 tricep dips (on bench)

1 minute of squatting with little pulses

move through sun salute positions a number of times keeping hands and feet on ground, low push, cobra, downward facing dog.

50 crunches

20 second plank on elbows, both sides and back

Jump rope fitness routine

2 minutes then stop for short stretch

2 minutes, two feet hopping and skipping

30 second rest

3 minutes, use a variety of steps, end with double jumps

30 second rest

2 minutes, easy catch breath, simple movements

rest

1 minute really fast

Step aerobics

General: Good program to do on your own, start with one step then double them up.

Single step

Step up starting with right foot step down 25 times

Same beginning with the left foot

Step knee up right knee 25 times then left knee 25 times

Step kick butt with the right foot 25 times then left foot 25 times

Step kick forward, step down step back 25 times each foot

Starting on the end go across and back 25 times

Standing on the step lunge alternating legs 25 times

Step up and shoot jump shot 20 times on each leg

Two steps

Jump up walk down 2 times 10
 Step up with right foot and leap 2 times 10
 Step up with left foot and leap 2 times 10
 Stand with feet on either side of steps, jump up walk down 2 times 10 set

Plyometrics

General: Good with a group or alone

Hop on two feet for thirty seconds, one foot and change for 15 seconds each, jumping jack, around the world, fast feet.
 Rest then do one or two more times
 6 standing broad jumps, 3 times
 8 jump up and kick butt, 3 times
 on guard, jump from foot to foot 5 rounds, 3 times
 10 jumps side to side, 3 times
 skipping for speed, 3 strips
 skipping for height, 3 strips
 one foot hopping across strip and other foot back, 3 times

Plyometrics

Jump for 30 seconds with hands above the head.
 Jump with knees to chest hands stay in front
 Long jump stick the landing 6 times
 Squat jump for 15 seconds
 Jump side to side
 Jump forward and back
 180 degree jump
 bounding, jump off one leg and land on the other

Plyometrics in a small space

Good for a short basement work out

2 minutes of warm up Hop on two feet, one foot, jumping jack, around the world, fast jog, high knees. Stretch a bit, then do one or two more times
 5 jump up and kick butt, 2 sets
 on guard, jump from foot to foot 5 rounds, 2 times
 5 jump up and grab knees, 2 sets
 6 jumps side to side, 2 times
 100 jumping jacks

Jump rope fitness routine

2 minutes then stop for short stretch
 2 minutes, two feet hopping and skipping
 30 second rest
 3 minutes, use a variety of steps, end with double jumps
 30 second rest
 2 minutes, easy catch breath, simple movements
 rest
 1 minute really fast