



DANISH NATIONAL SQUAD

STRENGTH & CONDITIONING FOR LOCKDOWN

SESSION 1 – INTRODUCTION

SOME KEY PRINCIPLES



The main goals of strength and conditioning are to prepare athletes to peak for competition and to reduce the risk of injury

S&C is progressive in nature, building on the work in the previous phase. This can be seen in how warm ups are delivered and how annual training plans are created

SOME KEY PRINCIPLES



Considerations when thinking about S&C include:

- **Movements in fencing and associated muscles and joints**
- Energy systems used to fuel fencing performance
- **Speed and duration of the event and**
- Common injuries and their cause

WHAT TO EXPECT



Throughout the next 5 weeks the sessions will have a mixture of:

- **Mobility exercises**
- Bodyweight exercises, with progressions for people with weights
- **High intensity to improve cardio fitness as well as strength**
- Exercises which incorporate fencing footwork
- **Fitness challenges**



WARMING-UP

A RAMP warm-up is designed to progressively prepare athletes for activity, such as footwork, strength and conditioning and sparring

RAMP stands for:

- **Raise** – elevate heart rate and core temperature
- **Activate** – start telling muscles to prepare for work
- **Mobilise** – prepare joints for increased range of movement
- **Potentiate** – highest intensity activity, similar to the session

RAMP WARM-UP





MAIN SESSION



EXERCISE	SETS	REPS	REST	WEIGHT
SQUATS	5	10	1 MINUTE	BODYWEIGHT
PIKE PUSH UP	5	10		
LATERAL LUNGES	5	10		
PUSH UPS	5	10		
MOUNTAIN CLIMBERS	5	20		
FULL STRETCH				



THANK YOU & SEE YOU ON
WEDNESDAY
