

Fitness and Nutrition For the Everyday Sailor

Sailorcise LLC

Rachel and Matt Goetting



About Us

- Our Mission: Sailorcise provides a unique fitness, nutrition, and coaching program for active sailors. By combining nutrition, a sailor focused fitness routine, and high-end coaching we help sailors sail longer, faster, stronger, and smarter.
- Passion for sailing, fitness, and eating healthy.
- We offer coaching, fitness, and nutrition services.
- Smoothie Booth.



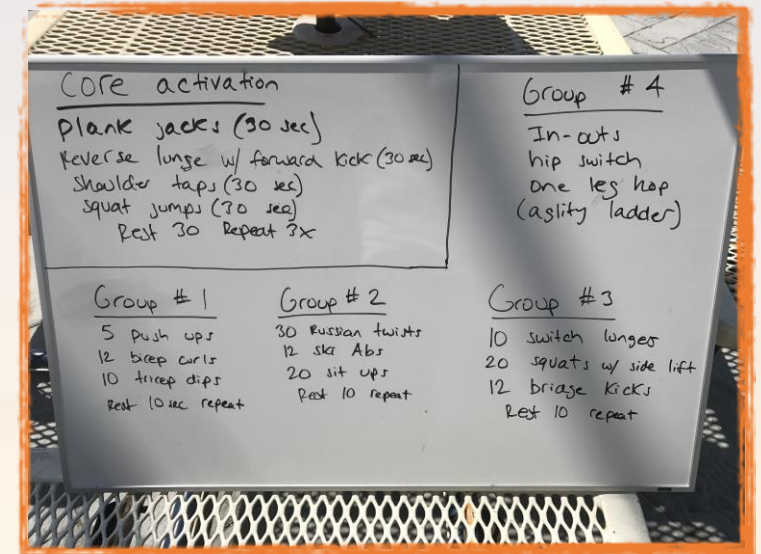
Where to Start: Fitness and Nutrition for Sailing

- Look at your program and make a plan
- Find a passionate person
- Consult a professional
- Think simple elements to start
- Make it FUN!



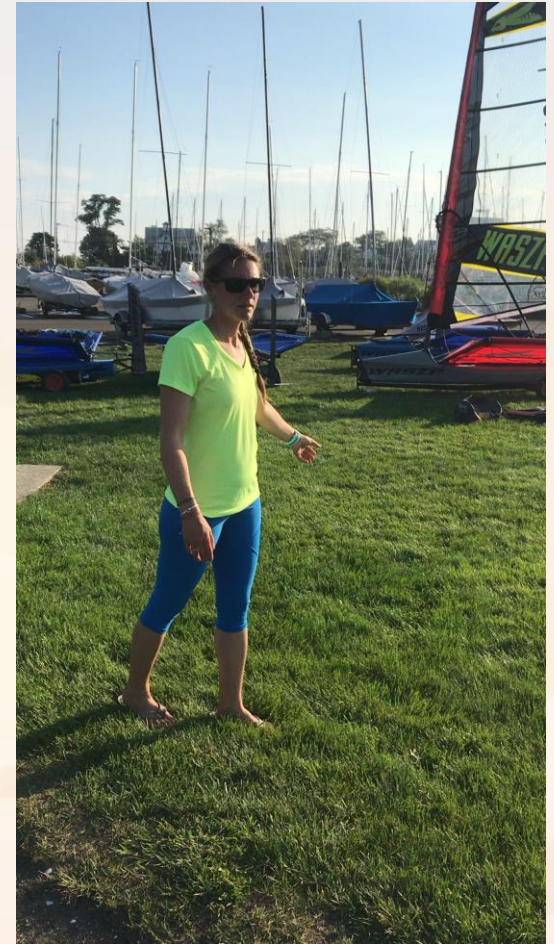
Fitness: Why Add It?

- Sailors get fit
- Make the program fun
- Develop a good mindset
- Avoid injury



Fitness: What to add?

- Stretching
- Team building activities that use fitness or team challenges
- Circuit Training
- Daily or weekly fitness challenges
- Be creative!



Stretching

- Different types of stretching: *Self Myofascial Release or Foam Rolling, Static, Active-Isolated Stretching, Neuromuscular, Dynamic*
 - Before Sailing: Dynamic and Foam Rolling
 - Straight leg kicks
 - Knee to chest
 - Lunge w/ twist
 - Hip stretch w/ twist
 - Arm Circles
 - After Sailing: Static Stretching, Active-Isolated Stretching, and Foam Rolling
 - Hamstring stretch
 - Active Side Lunge
 - Glutes Stretch
 - Wrist Stretch
 - Tricep Stretch



Team Building/Team Challenges

Team Workout

Warm up the team with dynamic stretching (5 minutes have the team line up and walk to a point and repeat or assign reps to each stretch)

- Lunge with a Twist
 - Straight Leg Kicks
 - Arm Circles
 - Knee Ups
- Repeat 3x

Partner Workout:

Partner your team up

- Partner Push Up with Hand Taps 30 secs
 - Partner Crawl Under, Jump Over 30 secs each partner total of 1 minute
 - High Five Sit-Ups 30 secs
 - Jump Squat to High Five 30 secs
- Rest for 45 secs Repeat 3x

Relay Race Workout:

Divide the team into two separate teams. Best of the three relay races is the winner and gets to award the losing team with 15 burpees.

Relay Race 1

-Bear crawl 30 ft, stand up for 10 jump squats, bear crawl back, 10 jump squats, next team member can go.

Relay Race 2

-Plank snake assign a point to race to then turn around and finish where the team started. Everyone goes in plank position in a line except the last person, they jump over each person. Once they reach the last person they get in plank, and the other end person gets up and is the jumper. If anyone drops from plank position, the team must start again.

Relay Race 3

-Sprint to a point, do 15 burpees, sprint back to start, do 20 split lunges, next team member can go.

Example Team Training Circuit Workout

-Warm up the whole group with Dynamic Stretching (5 minutes)

Station One:

- 10 Squats
- 20 Split Lunges
- 10 Squat Jumps

Station Two:

- 10 Push Ups
- 20 Up Down Planks
- 10 Tricep Dips

Station Three:

- 20 Russian Twists
- 15 In and Outs
- 20 Plank Shoulder Taps

Station Four:

- 15 Burpees
- 20 Mountain Climbers
- 20 Skaters

-Cool down the group with foam rolling and static stretching (5-10 minutes)

Fitness Challenges Daily or Weekly

- Plank: <https://sail1design.com/building-core-30-day-plank-challenge/>
- Squats: <https://sail1design.com/leg-strength-30-day-squat-challenge/>
- Push Up: <https://sail1design.com/mastering-push-30-day-challenge/>
- Full Body: <https://sail1design.com/start-the-new-year-with-a-challenge-31-day-full-body-challenge/>
- Burpee Challenge: <https://sail1design.com/30-day-burpee-challenge/>
- Ab Challenge: <https://sail1design.com/hike-longer-30-day-ab-challenge/>

100 rep Challenge

Break the group up into groups of 4. You can make a combination of your own exercises or use the ones we have listed. Have the group complete 100 reps of each exercise together they have to do at least 20 reps, leaving the last 20 reps to be distributed among the group. The remaining reps do not have to be distributed equally.

Challenge 1:

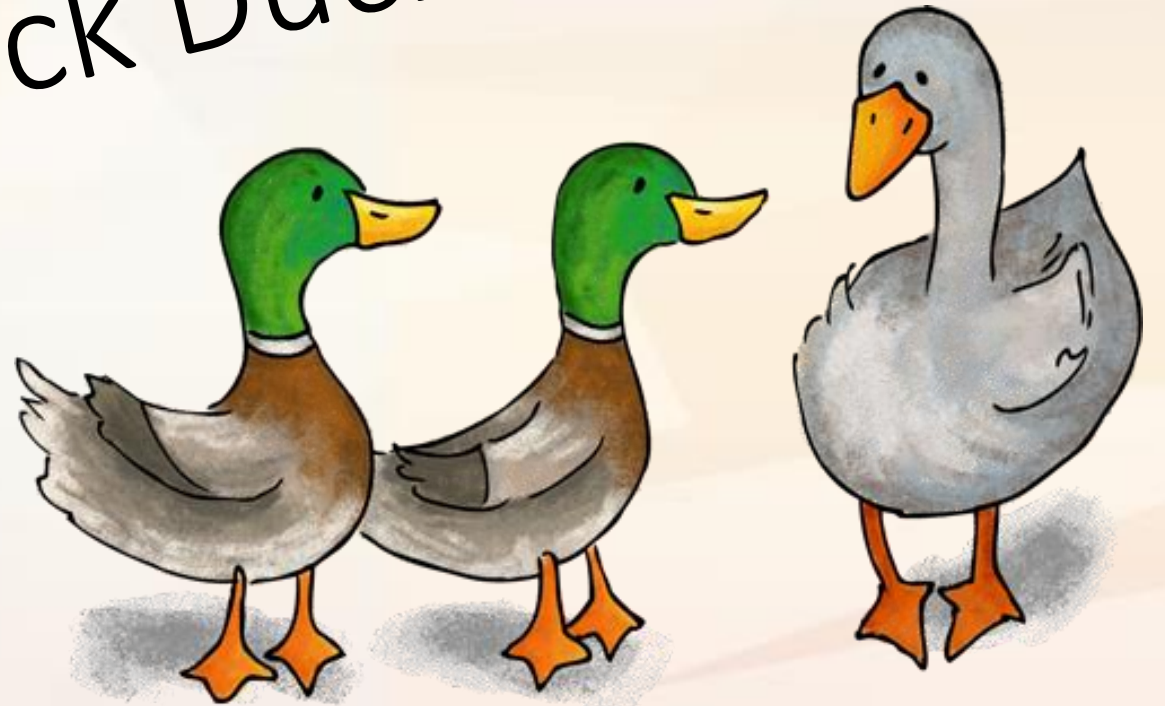
Squats
Push Ups
Forward Lunges
Tricep Dips

Challenge 2:

Split Lunges
Plank Up Downs
High Knees
Shoulder Taps

Be Creative!

Extreme Duck Duck Goose!



Nutrition

- Hydration
- Encourage the sailors and parents
- Offer healthier options



Hydration

- Reusable water bottles and filling stations
- Encourage hydration plans
- Hydrate with food
- Watch sports drinks
- Know the signs of dehydration



Encourage Sailors..and Parents

- Reusable water bottles
- Have staff promote hydration and healthy eating
- Encourage parents to pack healthier options
- Sailors Snack Granola Bar Recipe:
<https://sailorcise.com/stop-buying-granola-bars-and-start-making-them/>



Healthier Options

- Offer lunch? healthier options
- Holding a regatta? healthier options
- Hydration stations
- Snacks? Offer real food
- Sailorcise Smooth Sailing Smoothies
 - Smooth Sailing Smoothie Recipes:
<https://sailorcise.com/smooth-sailing-smoothie-recipes/>



IT IS TIME FOR THE **SOCIAL MEDIA MINUTE**

Please take 60-seconds and post one takeaway, picture or thought from this session on a social media platform of your choice and tag

@USSailing

@Sailorcise

#SailingLeadership





Check out sailorcise.com for more info on Fitness and Nutrition for sailing. Also <https://sail1design.com/category/sailing-fitness/> for articles on Fitness and Nutrition for sailing.



Your Opinion Matters

Please open the **Sailing Leadership Forum app** and complete the **session survey** found in the **menu bar**.

Thank you for attending this session

