

## Planning a Fitness Programme Cheat Sheet

### ❖ **Decide how fit you need to be**

- Once you have an idea what your [sailing goals](#) are, you will know how fit you need to be.
- You could use the [Tamug Fitness Test](#) as a guide (see the 2<sup>nd</sup> page for the points listing) – set the number of points you think you'd need to achieve to be one the top 10 fittest sailors in the fleet you want to do well in.

### ❖ **Decide which Event(s) you want to be at peak fitness for**

- This will give you a time-frame to work within

### ❖ **Do a Fitness Test (and set dates and reminders for fitness tests every 4 to 6 weeks)**

- There are a couple of basic fitness tests [here](#)

### ❖ **Decide on a Foundation Program**

- This should be at least 4 weeks, and preferably 3 months if you have enough time before your target event
- There's an [excellent 4-week program here](#)

### ❖ **Decide on a your Strength Program (to follow your Foundation Program)**

- Mix aerobic and anaerobic exercise
- Do some jogging, cycling or swimming, along with some good strength training exercises

### ❖ **Consider Options for your Speed and Skill Program (to follow your Strength Program)**

- This should be at least 4 weeks, but preferably 2 months if you have enough time before your target event
- There are several good [sailing-specific programs here](#)

### ❖ **Make notes (to be added to as you progress through the above programs) on what exercises you'd enjoy for your Maintenance Program**

- Your maintenance program should include plenty of exercises you enjoy doing so that you don't lose motivation