

# Shoreline Fitness

## A Surfer's Strength Guide

Made by Coach A-Rod for the CFLWS & enthusiasts alike.

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## ABOUT THIS PROGRAM

This is a brief guide to building strength and resilience tailored specifically for those who surf or are looking to start. Whether you're hitting the waves for the first time or a seasoned rider looking to enhance your performance, this program is designed to increase your physical preparedness for the unique demands of surfing. With a focus on strength, stability, mobility, and explosive energy demand. This combines traditional workout and athletic training practices for both strength and performance helping provide with the tools you need to progress both on and off the water.

You will have two phases with two workouts in each. Your first phase will focus on strength and stability. The second phase will focus on control in explosive movements. I do recommend supplementing with yoga, stretching, and any recuperative exercise/modalities in between. Let's dive into these sections and sessions, where every wave taken is a demonstration to your dedication and determination.

# TRAINING PRINCIPLES

## 1. FREQUENCY

How often you are hitting the same muscle group each week. The research has very definitively shown that hitting a muscle group at least 2-3 times per week is ideal for muscular endurance. This program will target all body parts at least twice a week. Your workout frequency should align with your surfing schedule. For weekend warriors, hitting the gym twice a week suffices, considering the workout your muscles get on surf days. Aim for a day off before and after surfing to allow ample recovery. If you're surfing on Saturday and Sunday, opt for gym sessions on Tuesday and Thursday to maintain balance and maximize performance. If this is affecting your surf performance, then training only once a week is likely more optimal. Mobility work is always recommended and welcome to replace any training days.

Cheat Sheet:

- No surfing week – Train 2x week + Cardio
- Surfing 1-2 days a week – Train 1-2x week
- Surfing 3-4 days a week – Train 1x week with a rest days in between
- Surfing 5-7 days a week – You should focus on recovery and mobility.
- If you have no training experience but surf – Start with training 1x week

## 2. VOLUME

Volume = sets x reps x weight

Important to note that there might be a threshold beyond which more volume is counterproductive and can make you spin your wheels (get no- where fast). The approach you should take in this program is to go after the minimum effective dose of training. We touched on this with frequency in training days, but it also applies to overall volume in your workout. Meaning what's the least you can do to see the changes you want to see. The great thing about volume is it's an effective way to measure strength. Another measure of progress would be wave count, and pop-up count (because lets face it we pop-up sometimes while the wave rolls right under us). These, however, are tricky to keep track of on the water since you're trying to stay focused on the task at hand, but you are gain strength with each rep.

### 3. EFFORT

Rate of Perceived Exertion (RPE) is how you determine what weight to use with each exercise. Fatigue in each muscle group is necessary to optimize hypertrophy, which is why the effort will always be above 50% of as much as you can do. For this program aim for an RPE of 7-8 throughout.

The scale of RPE goes from 1-10

- RPE of 6 = 60% of failure
- RPE of 7 = 70% of failure
- RPE of 8 = 80% of failure
- RPE of 9 = 90% of failure
- RPE of 10= 100% of failure is training until you can't complete another rep or your form is a breaking down significantly (looks and feels terrible).

You can also see this as the opposite of reps in reserve, or RIR. This means that an RPE of 9 is saving 1 rep in the tank, an RPE of 8 is saving 2 reps in the tank, etc.

### 4. REST PERIODS

Taking longer rest periods will allow you to use more weight and overload movements at a quicker rate compared to short rest periods. Rest periods should correlate with how difficult an exercise is based on intensity. Using heavy squats as an example – in traditional strength training, you should feel like you need to take about 3-5 minutes of rest between sets to match your strength on the previous set.

Rest periods for muscular endurance are typically shorter compared to rest periods for strength training. They typically range from 30 seconds to 1 minute, allowing for enough recovery to maintain performance during subsequent sets while still challenging muscular endurance. Shorter rest periods help to sustain the intensity of the workout, promoting muscular endurance adaptations such as increased fatigue resistance and aerobic capacity.

## 5. RECOVERY

Recovery is often overlooked when talking about training. While you can still workout and surf when you're sore, your sessions won't be very effective if you are so roasted that everything hurts. If this is the case, you might need to reconsider RPE, training frequency, etc. Recovery not only looks at what you are doing inside the gym, but also outside the gym. Things like sleep, nutrition, supplementation, other physical activity, etc. will play a huge role in your body's ability to bounce back for your next training and surf session. If you are untrained (under 3 months of consistent training), you will likely feel extremely exhausted as your body adjusts to the level of stress you are putting on it.

Tips for better recovery:

- Eat plenty of protein (typically double what you think you need)
- Sleep 7-9 hours each evening.
- Go for a walk to get things moving.
- Practice Yin Yoga and easy stretching
- Hydrate plenty!

## HELPFUL ABBREVIATIONS & TERMS

DB – Dumbbell

REP - Repetition

RIR - Repetitions in Reserve

ROM - Range of Motion

RPE - Rate of Perceived Exertion

HIIT – High Intensity Interval Training

1RM – One rep max or the maximum weight you can lift for 1 repetition at full effort

Effort - How hard you are pushing the set relative to failure. Measured with RPE or %1RM

Load - The weight of the external resistance.

Intensity - Effort and load

Volume - Total amount of work performed. Usually approximated as sets x reps x load

## WARM-UP

There are 2 main things a warm-up should do: elevate your body's core temperature and prime your body for the activity you're about to perform without getting injured. A common misconception about a warm-up is that it's a full cardio session. IT IS NOT a full cardio session. While mobility and flexibility are important for lifting, too much mobility might impact your stability and exhaust your muscles and stabilizing muscles before you even start.

What's a warm-up set? Warm-up sets are actual sets of the given exercise but are performed with significantly lighter weight. The purpose is to give your body a chance to practice proper form and technique before you start lifting heavier weights. In surfing, warming up might involve spending a few minutes in the white water, getting reacquainted with the waves, and practicing popping up and riding smaller waves before tackling the larger ones or open face waves.

We'll focus on 3 areas – Chest, Hips, and Hamstrings. Squats and shoulder passthroughs are at the beginning & end to check in with yourself and see how you're moving. (add hand cuff with rotation). Complete about 5-10 reps on each movement.

[Click here for video walk through.](#)

	Post workout Exercises	Notes	Alternative Movements (or moves if you're on the beach and don't want to get too sandy)
Warm up/Mobility	Body Weight Squat	Focus on going slow and getting as deep as you can into the Squat	Pop-ups
	Shoulder Pass Throughs	Use dowel, broomstick, or leash. If this is too difficult position your hands wider	Use your leash when you're at the beach
	Alternating 90/90	Keep knees while as you switch hips	Alternating Lunge or Quad Stretch (focus on moving with control and opening up hip flexors)
	Waiver Bows	Move slow and controlled focusing on loosening up hamstrings	Ang Hamstring Standing Dynamic Stretch
	Alternating Lizard with Rotation	Complete on each side, moving continuously to increase heart rate	
	Handcuffs with Rotations	Complete on each side, moving continuously to increase heart rate	You can do this standing
	Neck Circles	Be sure to go in each direction moving as slow as possible	Head Turns
	Body Weight Squat	Focus on going slow and getting as deep as you can into the Squat	Pop-ups
	Shoulder Pass Throughs	Use dowel, broomstick, or leash. If this is too difficult position your hands wider	Use your leash when you're at the beach

## POST WORKOUT STRETCH

After a strenuous workout or surf session, post-activity recovery is essential for your body's overall health and future performance. Stretching helps to improve flexibility, reduce muscle tension, and prevent stiffness by increasing blood flow to the muscles and allowing them to relax. It also helps to realign muscle fibers and enhance muscle recovery, promoting better muscle function and lowering the risk of injury.

When you exercise, your muscles contract and shorten, leading to tension and tightness. Stretching helps to counteract this by lengthening the muscles, promoting relaxation, and improving range of motion. Moreover, stretching stimulates the production of synovial fluid in the joints, which helps to lubricate them and reduce friction, leading to improved joint health and mobility over time.

Here I want to empower you to incorporate stretches targeting major muscle groups, such as the hamstrings, quadriceps, chest, and back. You can perform some of the movements in your warmup that felt good in your post workout routine, follow yoga practice (check out @Black\_Sand\_Yoga), or stretch however feels good for you. This is a list of some of my favorite post workout moves, but what you can do is endless.

- Forward fold
- Cat-Cow
- Down-Dog
- 90/90 Holds
- Shoulder Passthroughs
- Cobras
- Pidgeon Pose
- Lizard Lunges
- Froggers
- Bruegger's
- Next Circles – Slow
- Hamstring Stretches
- Door Frame Chest Stretch
- Standing Quad Stretch
- Triceps Stretch
- Handcuff with Rotations
- Calf Stretches

# WORKOUTS

## Equipment needed/recommended

- Physio Ball or Bench
- Dumbbells – Light to medium weight
- Therapy Bands
- Power Bands (Loop bands)



Power Resistance Bands



Physical Therapy Bands |

## Instructions

For you to see measurable progress stay in each phase for about 4-6 weeks. Your first week (or 2 if you are only training once a week) should be helping you get acclimated to the movement.

In each phase alternate between each workout. For frequency of weekly training please refer to training principle #1 on Page 3.

Watch each video walk through once first! Paying attention to form and commentary.

Keep Track of your repetitions and resistance from week to week. If possible, track your wave count, time surfing, conditions, and fatigue levels.

If you wish to add in another exercise/movement, please switch it out. For example, if you want to do back flies then swap out bent over band pull down, or if you want to do rows your first week swap out the Arnold presses.

## Phase 1 Workouts

[Click here for video walk through.](#)

	Exercises	Sets	Reps	RPE	Rest Period	Notes	Alternative Movements
Phase 1 Workout A	Goblet Squat	3	12-15	7-8	2-4 mins	Choose a light weight . Focus on going slow and getting as deep as you can into the Squat	Box Squat - Front Squat
	Physioball Dumbbell Press	3	12-15	7-9	2-3 mins	Bring DBs to lowest part of your chest (your bra stap area for ladies)	Regular DB Bench Press - Hand Release Push ups - Incline bench(only if you can't do regular)
	Walking Lunges	2	10-15	7-8	2-3 mins	You can hold dumbbells to make more difficult, take as large of strides as you can	Forward lunges - Step-ups
	Single Arm Standing Arnold Press	3	10-15	7-8	1-2 mins	If this feels uncomfortable use no weight and practice motion or replace with handcuff with rotation mobility	Band Arnold Press - Single Arm Shoulder Press
	Trunk Rotations	3	12-20	8-9	1-2 mins	Go Slow. Add Dumbbells to increase difficulty	Physioball Trunk Rotation
	Physioball Tucks	2	AMRAP	8-9	1-2 mins	These are difficult so only complete as many reps as possible, and try to build on this for your pop-up	Knee Tucks [use a towel] - Single leg knee tuck - Feet elevated Planks

Video walk through coming soon

	Exercises	Sets	Reps	RPE	Rest Period	Notes	Alternative Movements
Phase 1 Workout B	Single Leg Romainan Deadlift (RDL)	3	12-15	7-8	2-4 mins	Choose a light weight . Focus on going slow and getting as deep as you can into the Squat	B-stance RDL - Single Leg hipinge
	Single Arm Row	3	10-20	7-9	1-2 mins	Use DBs or a Band	Door Frame Row
	Cossack Squat	2	8-15	7-8	2-3 mins	Start with body weight, hold weight to advance. If these hurt knees replace with active single leg frog stretch.	Alternating Side Lunges - Pistol Squats
	Bent over Band Pull Down	3	15-20	7-8	1-2 mins	Hinge forward, reach your arms up and keep them close to your body when bringing them down	Lat press downs - Pull ups
	Hand Release Push-ups	2	AMRAP	7-8	1-2 mins	Put your hands just below your chest, try to increase the reps as you progres	push-ups - surface elevated push-ups
	Bird-Dog	2	10-15	8-9	1-3 mins	Hold on each side for 1-2 seconds. Focus on moving slow feeling & stable	Bird-Dog Plank - Dead Bugs

## Phase 2 Workouts

Video walk through coming soon

	Exercises	Sets	Reps	RPE	Rest Period	Notes	Alternative Movements
Phase 2 Workout A	Single Arm Thruster	3	12-15	7-9	2-3 mins	Choose a light weight. Focus on getting as deep as you can and using momentum to power up, alternate arms for 1 rep	Box Squat - Front Squat - Zercher Squat
	Plyo Push up Release	3	AMRAP (10 minimum)	7-9	1-2 mins	Try to explode on the way up, minimal rest inbetween reps	Regular Bench Press - Push ups release - Incline bench(only if you can't do regular)
	Lunge Matrix	2	10-15	7-9	1-2 mins	You can hold dumbbells to make this more difficult. Focus on form and move slower if needed	Step-ups
	Banded Power Punch	3	12-20	7-9	1-2 mins	Punch the air with force and control, rotating your body	Power punch
	Knee Tucks	2	AMRAP (10 minimum)	7-9	1-2 mins	These are difficult so only complete as many reps as possible	Single leg knee tuck

Video walk through coming soon

	Exercises	Sets	Reps	RPE	Rest Period	Notes	Alternative Movements
Phase 2 Workout B	Athletic Burpees	3	AMRAP (10 minimum)	7-9	1-2 mins	Think about scooping your pelvis, and staying in a low squat	Modified Burpee
	Dumbell Swings	3	15-25	7-9	1-2 mins	Squeeze your glute and use the momentum, no need to go over head, stop at eye level	Kettle bell swings - Explosive Hip Thrust
	Ice Skaters	2	AMRAP (10 minimum)	7-9	1-2 mins	Go at a quick pace	Curtsey Lunge
	Band Speed Row	3	15-20	7-9	1-2 mins	Go at a quick pace bringing Elbow as high as possible, move with control	
	Wood Choppers	2	8-12	7-9	1-2 mins	Rotate torso and hips, but try keeping feet planted. Focus on one side at a time. Move controlled & slower if needed	Standing Twist

## CARDIO RECOMMENDATIONS

With surfing, cardio capacity is very important. Think about the paddle out to where the waves are breaking and then the points where you must be quick and commit to the waves you want to take. Paddling out to the wave breaks requires aerobic conditioning (steady energy demand), and that wave commitment requires anaerobic conditioning (explosive energy demand).

Both workout phases provide some of this conditioning however, if you are not surfing frequently or most weeks, adding in cardio on your days off from training can benefit you. Be sure to choose a goal for each time. Are you committing to a long run or row where you work on giving equal moderate intensity, or are you working on sprints to help condition yourself for faster recovery?

Some things to keep in mind when planning:

If you are working on aerobic conditioning (steady energy demand) think about how long you paddle for your typical break. For shoreline cardio aim to triple or quadruple that time in whatever type of you choose.

For anaerobic conditioning (explosive energy demand) my recommendations are slightly different since injury risk is higher. For whatever high intensity type cardio, you choose (row, running, swimming, elliptical) start off with 3 rounds, and see what your recovery time is (how long it takes for your heart rate to come down). You can increase your rounds from there as you become more accustomed. These HIIT sessions should also start out at about 10 minutes and go for no longer than 30-40 minutes.

## FINAL NOTES

The most important thing to keep in mind when surfing is TO HAVE FUN! This is only a brief guide to help improve your skills on the water. There are so many other movements, sports, and activities that have carryover. From dancing, to snowboarding, to skateboarding, to yoga, to boxing, to....Well you get the point.

If you have any questions regarding this program, feel free to send them to [admin@arodcoaching.com](mailto:admin@arodcoaching.com) making sure to include the program in the subject line. You can also connect with me via Instagram @[arodcoaching](https://www.instagram.com/arodcoaching).

Looking for more fitness help outside of surf conditioning head to [www.arodcoaching.com](http://www.arodcoaching.com)

For surf lessons, camps, and meet-ups head to [www.centralfloridawomensurfing.com](http://www.centralfloridawomensurfing.com) or follow them on Instagram @[cflwomensurfing](https://www.instagram.com/cflwomensurfing)

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