

This circuit routine is available to download on my website - www.adamblight-fencing.com and in 2015 I got an email from a South African fencer Richard Barnes-Webb who had used this circuit -

"Hi Adam,

i thought you may want to know:

i'm an older fencer (40+) from south africa (admittedly not a famous fencing country). and i've been using your circuit routine, that i downloaded from your site, on&off for the last 7months. i try do do the routine 2-3 times a weeks; interspersed with running and actual fencing training.

anyway, i recently had a spectacularly good result: I lucked into Silver in the national senior open men's foil. i feel that your circuit training was instrumental in giving me an extra edge (esp. against them young 'uns..).

so, thank you very much for putting your training material online; and unwittingly, helping me.

rgds,
//richard

PS: i'm the one 2nd from the right, in the blue shirt."



Fencing Action Based Circuit Routine – Adam Blight

The following exercises can be performed to develop fitness for fencing and form a fairly flexible routine which may be adjusted to meet the needs, level of fitness and available time of each fencer. All actions should be performed correctly, it is important that correct form is not compromised in order to achieve speed of performance, the level of speed achieved for those routines that involve speed should be limited by the level at which the action can still be performed correctly. The order of the exercises is set out with those of lesser intensity at the beginning so that there is an element of warm up within the routine. However, the routine may be preceded by a warm up (perhaps a short, easy run) and stretching, stretching is particularly important for those muscle groups most worked in the lunge such as the hamstrings and groin. The length of the lunges employed in the repetitions should not be at the fencer's absolute maximum but at a level where intensity can be achieved without risk of muscle strain, perhaps at about 80% of full length for most fencers. An exception to this may be where the routine is used as part of an intense workout for a fencer with a high level of fencing specific fitness and strength and has developed a high level of joint mobility. Also after the routine has been completed a warm down and stretching routine should be performed. During the rest breaks light limbering and stretching exercise should be done and the fencer should not simply stop or sit down. A record of what exercises are performed with times and number of repetitions should be kept, if the fencer has a heart rate monitor, information from this can be incorporated, also general observations about level of energy, tiredness, motivation, sense of improvement etc. The overall intensity of the whole routine may be varied as the level of fitness increases by varying the times of the exercises and the rest periods and the number of exercises incorporated in the whole routine in the following way –

1. 1 minute for each exercise followed by 1 minute rest
2. 1 minute for each exercise followed by 30 seconds rest
3. 1½ minute for each exercise followed by 1 minute rest
4. 1½ minute for each exercise followed by 30 seconds rest
5. 1½ minute for each exercise followed by 30 seconds rest followed by repetition of the whole routine at 1 minute for each exercise followed by 1 minute rest

Exercises

1. Steps forward and back with some variety in the number, size and type of step and the frequency of direction changes.
2. Steps forward and back between 2 points, performed at speed and correctly.
3. From the lunge position, recover without withdrawing the front foot and return to the lunge position – repeat to achieve the maximum number of correct actions for the allotted time.
4. Steps forward and back combined with lunges.
5. From the lunge position, completely straighten the front leg without bending the rear leg, lifting oneself up and return to the lunge position – repeat to achieve the maximum number of correct actions for the allotted time.
6. Step lunge, recover, step back – repeat to achieve the maximum number of correct actions for the allotted time.
7. 3 steps followed by 1 squat jump as described below – the number of steps and squat jumps may be varied to change the intensity of the routine.
8. Squat jumps, from the on guard stance, jump down and back up – repeat to perform the maximum number for the allotted time.
9. Perform any of the above routines, especially the lunge based speed actions from an opposite handed position.
10. Add any more general exercise to the routine for e.g. skipping, star jumps, sit ups etc.

Fencing Based Circuit Routines

Exercise	Date				Date				Date				Date				Date				Date			
	Time	Rest	Reps	Notes	Time	Rest	Reps	Notes	Time	Rest	Reps	Notes	Time	Rest	Reps	Notes	Time	Rest	Reps	Notes	Time	Rest	Reps	Notes
Steps forward and back																								
Steps between 2 points																								
Lunge with partial recovery																								
Steps with lunges																								
Lunge with straightening front leg																								
Step lunge, recover, step back																								
Steps and squat jumps																								
Squat jumps																								

Exercise	Date				Date				Date				Date				Date				Date			
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