



STRENGTH • MOVEMENT • POWER

THE COMPLETE FENCING PERFORMANCE PLAN

Workouts • Nutrition • Mobility • Recovery

Everything you need to train like a fencing athlete.



fencingstrength.com

Free Guide • Not for Resale

WHAT'S INSIDE

- 01 Strength & Power Workout** — Full body strength with plyometrics
- 02 Endurance Workout** — Norwegian 4x4 interval method
- 03 Plyometrics Routine** — Reactive power and explosiveness
- 04 Speed & Acceleration** — Sprints, agility, and fencing lunges
- 05 Mobility Routine** — Joint health and movement quality
- 06 Practice Nutrition** — Fueling before, during, and after training
- 07 Tournament Nutrition** — Competition day carb-loading protocol
- 08 Recovery Guide** — Sleep, nutrition, and load management

Each section gives you a real workout or protocol you can use immediately. These are the same methods we use with our coached athletes. Not theory — real training.



FIND YOUR STARTING POINT

Every fencer has different priorities. Find yours below and go to the section that addresses it.

"I'm not explosive enough and need more power."

➤ **STRENGTH & POWER (p.5) or SPEED (p.9)**

You need more force production. The strength workout builds raw power. The speed workout trains you to express it at max velocity.

"I fence great in pools but fall apart in DEs."

➤ **ENDURANCE (p.7)**

Your gas tank is too small. Norwegian 4x4 intervals build your aerobic engine without muscle-wasting long runs.

"I feel tight and stiff. My lunge isn't deep and I feel locked up."

➤ **MOBILITY (p.11)**

Tight hips, ankles, and thoracic spine limit your range and slow recovery between actions.

"I'm not reactive or bouncy— my opponent gets to me first."

➤ **PLYOMETRICS (p.8) & SPEED (p.9)**

Reactive strength lets you explode off the line before your brain finishes processing. Plyos train tendons and nervous system.

"I keep getting hurt or feeling pain — knees, hamstrings, shoulders."

➤ **RECOVERY GUIDE (p.15)**

You're over-training and under-recovering. Fix sleep, nutrition, and load management.

"I don't know what to eat before practice or tournaments."

➤ **NUTRITION (p.13 & p.14)**

Fueling wrong is like bringing a dull blade. The nutrition guides give exact protocols.

01

STRENGTH & POWER

Plyos & Full Body Strength • ~55 minutes

STRENGTH & POWER WORKOUT

This session develops the raw strength and explosive power that drive your lunge, your recovery, and your ability to dominate the strip physically.

A — WARMUP CIRCUIT (2 ROUNDS)

- A1. Hip Air Planes 10 each side
- A2. Lateral Lunge Shuffles 5 each direction
- A3. Pogo Hops 60-80 hops

B — PLYOMETRICS (2 SETS EACH)

- B1. Depth Drop to Vertical Jump 2 x 4 reps | Rest 60s
- B2. Depth Drop to Broad Jump 2 x 4 reps | Rest 60s

C — Power

- C1. Power Cleans 4 x 3 reps | Rest 60 sec

C — STRENGTH

- C1. High Bar Back Squat 2 x 3-6 reps | Rest 2 min

D — SUPERSET (2 ROUNDS)

- D1. Bench Press (Close Grip) 6-8 reps
- D2. Chin Ups (Weighted or Assisted) 6-8 reps | Rest 90s

E — SUPERSET (3 ROUNDS)

- E1. Hanging Leg Raise 8-12 reps
- E2. DB Lateral Raise 12-15 reps | Rest 30s

ALTERNATIVES: Swap power cleans for hang cleans or dumbbell cleans. Squats for goblet squats, front squats, hack squat, or leg press. Bench for dumbbells or machine. Chin ups for lat pulldowns. Depth drops for box jumps if new to plyos.



02

ENDURANCE

Norwegian 4x4 Intervals • ~40 minutes

ENDURANCE WORKOUT

The Norwegian method builds your aerobic engine without the muscle-wasting effects of long slow distance running. Four sets of 4-minute hard efforts with 4-minute active recovery.

A — WARMUP

A1. Dynamic Stretch Routine

10 rotations per movement

B — NORWEGIAN METHOD INTERVALS

B1. 4 x 4 Intervals

4 min hard / 4 min easy x 4

Choose one: run, cycle, row, or swim. Hard = pace you can barely sustain. Easy = conversational.

C — COOLDOWN STRETCHES

C1. Calf Stretch

30s each

C2. Quadricep Stretch

30s each side

C3. Lying Hamstring Stretch

30s each side

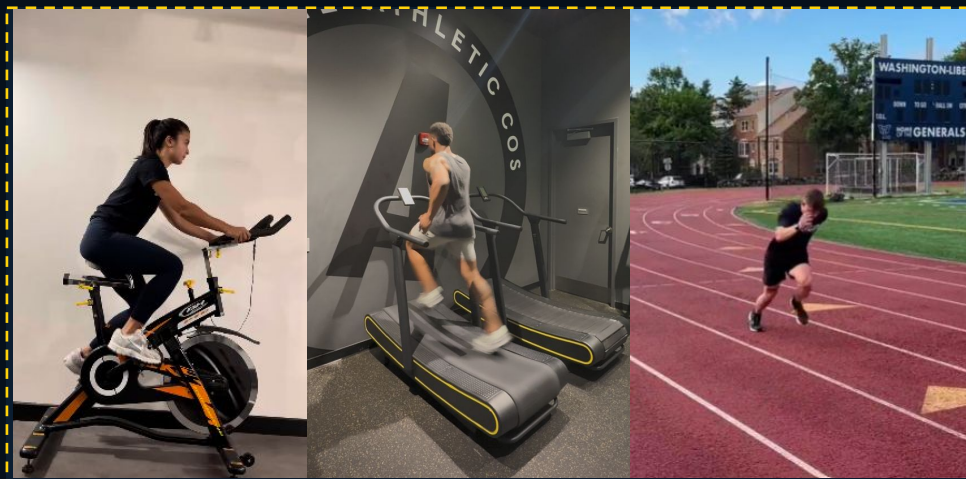
C4. Hip Flexor Stretch

30s each side

C5. Single Leg Frog Stretch

30s each side

WHY NOT LONG RUNS? HIIT develops the same aerobic base in less time while preserving fast-twitch muscle fibers. Long runs (30-60 minutes) in zone 2 are another great option if recovery is an issue. HIIT can be very fatiguing!



03

PLYOMETRICS

Reactive Power & Explosiveness • ~25 minutes

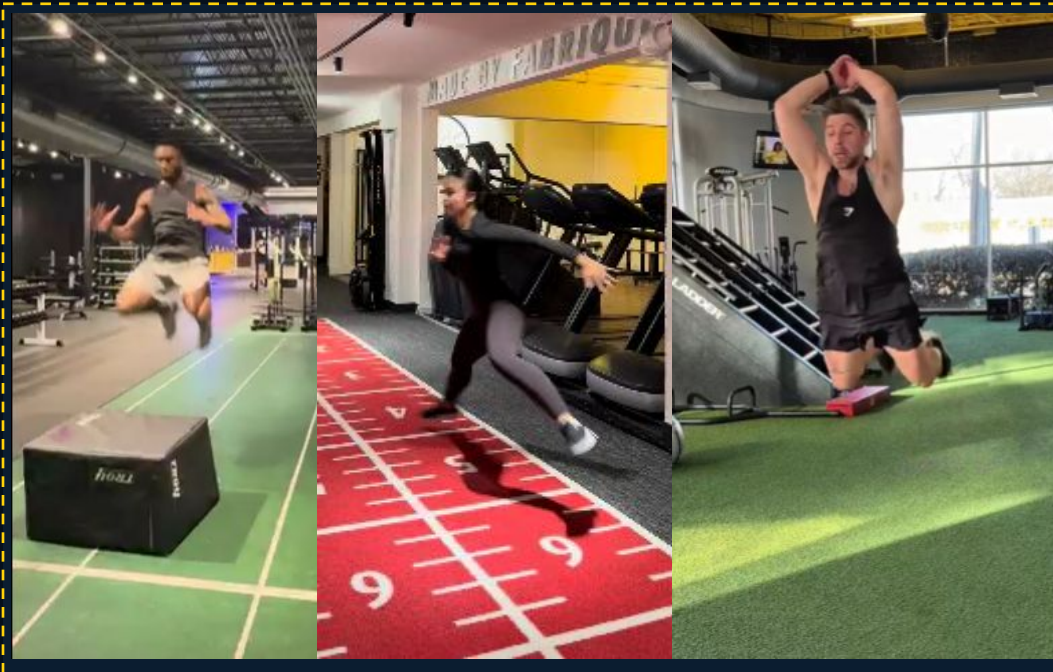
PLYOMETRICS ROUTINE

Train your tendons and nervous system to store and release energy faster. This is what makes the difference between a good lunge and a lunge your opponent can't parry.

PROGRESSIVE SEQUENCE — Start high-rep/low-intensity, finish low-rep/high-intensity

- | | |
|--|----------------|
| 1. Forward/Backward Pogos (Pogo Forward 30 Reps, Then Backwards) | 2 x 60–70 reps |
| 2. Lateral Pogos | 2 x 30–40 reps |
| 3. Single Leg Fwd/Bwd Pogos | 2 x 10–20 each |
| 4. Lateral Bounds with Stick | 2 x 10–20 reps |
| 5. Lateral Bound to Vert Jump | 2 x 5–10 reps |
| 6. Broad Jumps | 2 x 5 reps |
| 7. Single Leg Broad Jumps | 2 x 3 each |

KEY CUE: Focus on quick ground contact and max height/distance. If your jumps start looking sloppy, stop the set.



04

SPEED & ACCELERATION

Sprints & Change of Direction • ~59 minutes

SPEED & ACCELERATION WORKOUT

A — WARMUP (3 ROUNDS)

- A1. Hip Air Planes 5 each
- A2. Lateral Lunge Shuffles 5 each dir
- A3. Pogo Hops 15 yards

B — SPRINT PREP

- B1. A-Skips 2 x 15yd | 30s rest
- B2. Dbl Switch A-Skips 2 x 15yd | 30s
- C1. Power Skips 2 x 20yd | 60s

D — PLYOMETRIC POWER

- D1. Triple Broad Jump 3 x 3 | 90s rest

E — SPRINTS

- E1. 10m Sprints 2 sets | 45s rest
- E2. 20m Sprints 3 sets | 90s
- E3. 30m Sprints 3 sets | 2min

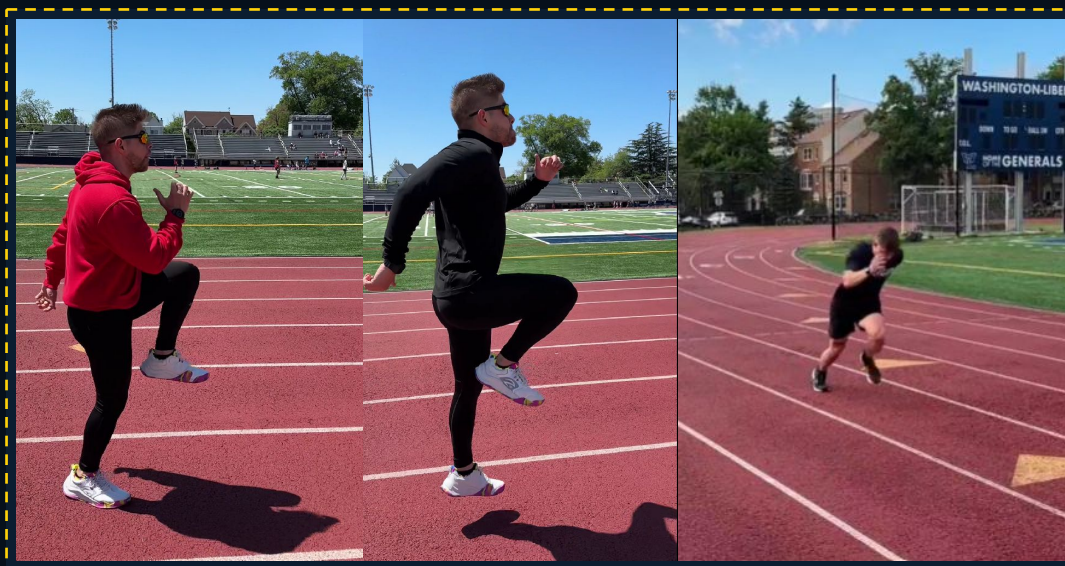
F — AGILITY

- F1. Pro Agility (5-10-5) 3 x 2 each dir | 60-90s

G — FENCING-SPECIFIC

- G1. Fencing Lunges 5 x 5 explosive | 60-90s

NO TRACK? Use a treadmill or find 30m of open space. A fencing strip is 14m. Max effort with full recovery — speed work is not conditioning.



05

MOBILITY ROUTINE

Joint Health & Movement Quality

MOBILITY ROUTINE

LOWER BODY

Hip 90/90 Stretch	30s each
Couch Stretch (Hip Flexor)	30s each
Deep Squat Hold With Upward Reach	5 each side
Single Leg Frog Stretch	30s each
Hamstring Stretch	30s each
Calf Stretch	30s each

UPPER BODY & SPINE

Wall Slides	10 reps
Open Book Thoracic Rotation	8 each
Cat-Cow	10 reps
Thread the Needle	8 each

DYNAMIC — PRE-TRAINING

Greatest Stretch in the World	3 flows each side
Lateral Lunge Shuffles	5 each dir
Hip Airplanes	5 each side

Static stretches: daily or post-training. Dynamic stretches: before every session. A Fencing Strength coach can customize mobility work based on your specific restrictions.



06

PRACTICE NUTRITION

What to Eat Before, During & After Training

PRACTICE DAY NUTRITION

1-2 HOURS BEFORE PRACTICE

- Focus on simple carbs: white rice, fruits, white breads
- Moderate protein — no more than 2 servings
- Avoid high-fat, greasy foods: fried foods, cheeses, heavy sauces

DURING PRACTICE (EVERY HOUR)

- 35–65g of simple carbs: fruit, rice snacks, energy gels
- 250–500ml (8–16 oz) of water with electrolytes or sports drink

AFTER PRACTICE

- 1–2 servings of protein — protein shakes are ideal for late nights
- Minimal carbs to optimize for sleep

The goal: fuel performance before and during, recover after. Consistency matters more than perfection.



07

TOURNAMENT NUTRITION

Competition Day Fueling Protocol

TOURNAMENT NUTRITION

2 DAYS BEFORE THE TOURNAMENT

- 6g of complex carbs per kg bodyweight (potatoes, oats, grains)
- 35ml of water per kg bodyweight

This is carb-loading. Muscles store glycogen and burn it as fuel during competition.

MORNING OF THE TOURNAMENT

- 1–2g of simple carbs per kg bodyweight
- 0.5–1L of water with electrolytes

DURING THE TOURNAMENT (EVERY HOUR)

- 35–65g of simple carbs: fruit, rice snacks, energy gels
- 250–500ml (8–16 oz) of water with electrolytes

PRO TIP: Pack your tournament bag the night before with pre-portioned snacks and water. Don't rely on venue food.



08

RECOVERY GUIDE

Sleep, Nutrition & Load Management

RECOVERY GUIDE

You don't get stronger during the workout — you get stronger during recovery. Many fencers under-recover and over-train. Recovery comes down to 3 key things: sleeping, eating, and managing your training. No supplements, ice baths, or massages will make up for these things.

PRIORITIZE SLEEP

- 7–8 hours is non-negotiable
- Dark room, quiet environment, cool temperature
- Last meal 2-3 hours before sleeping
- No phones/doom scrolling 30-60 min before sleeping
- Melatonin occasionally; magnesium glycinate every night (the electrolyte responsible for muscle relaxation)

OPTIMIZE DAILY NUTRITION

- ~1g protein per pound of bodyweight daily (2.2 grams per kilogram bw)
- 2–3g carbs per pound of bodyweight daily (4-6 grams per kilogram bw)
- Body Weight in pounds ÷ 2 = ounces of water daily (155 lbs ÷ 2 = 77.5 oz)

MANAGE VOLUME & LOAD

- 5x/week at high intensity every session = overkill
- Have easy days and hard days, don't max out every session/practice
- Ideal training volume: 2-3 1hr S&C sessions + 3-4 1.5-2hr fencing practices (lessons included)/week
- Cut volume 50% every 4–6 weeks to deload & always the week of a tournament



WANT FULL PROGRAMS?

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- Consistent communication with your coach and progress tracking
- Can include video technique reviews, one on one calls, and nutrition coaching

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[**TALK TO A COACH TODAY**](#)

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