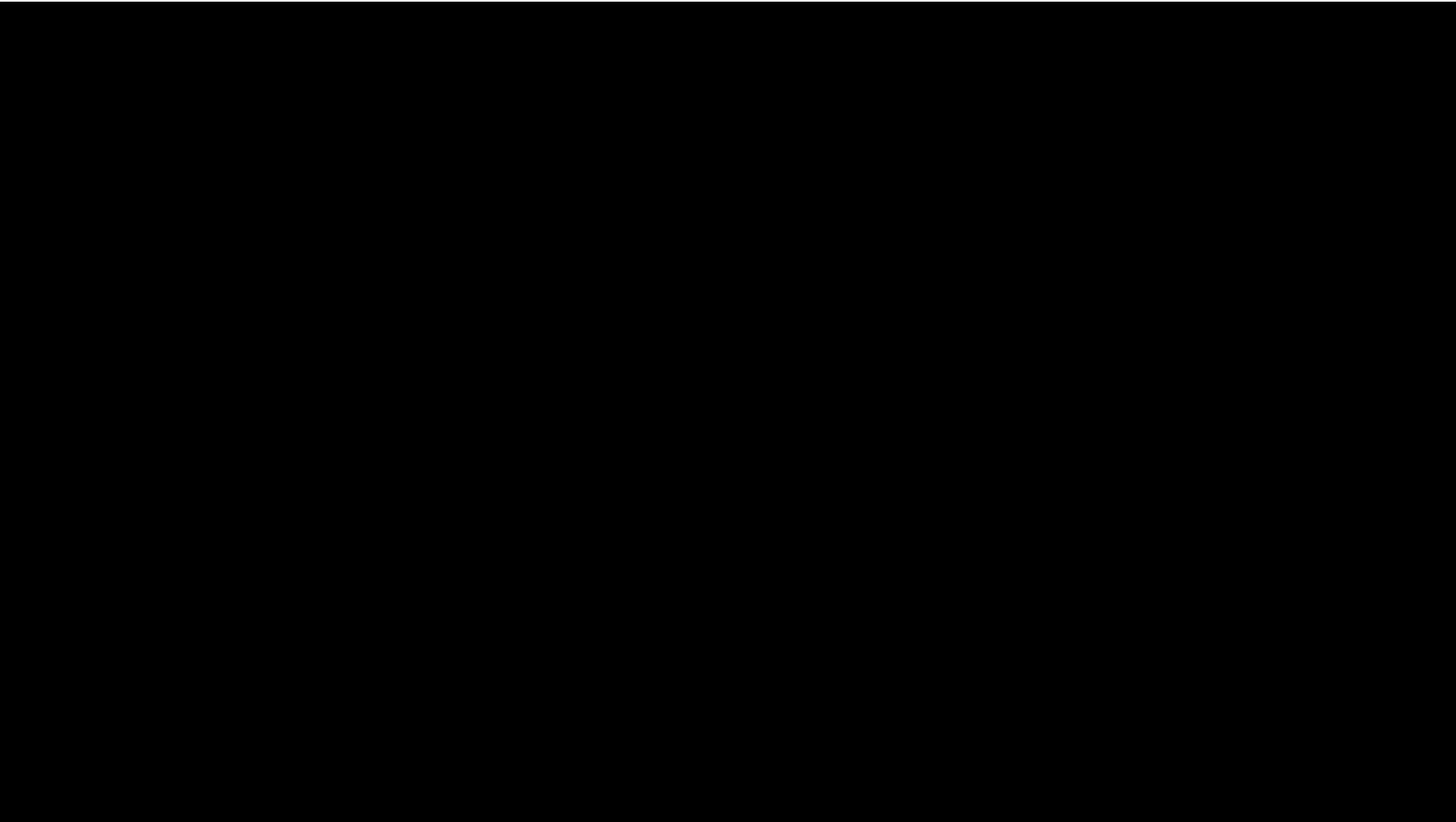


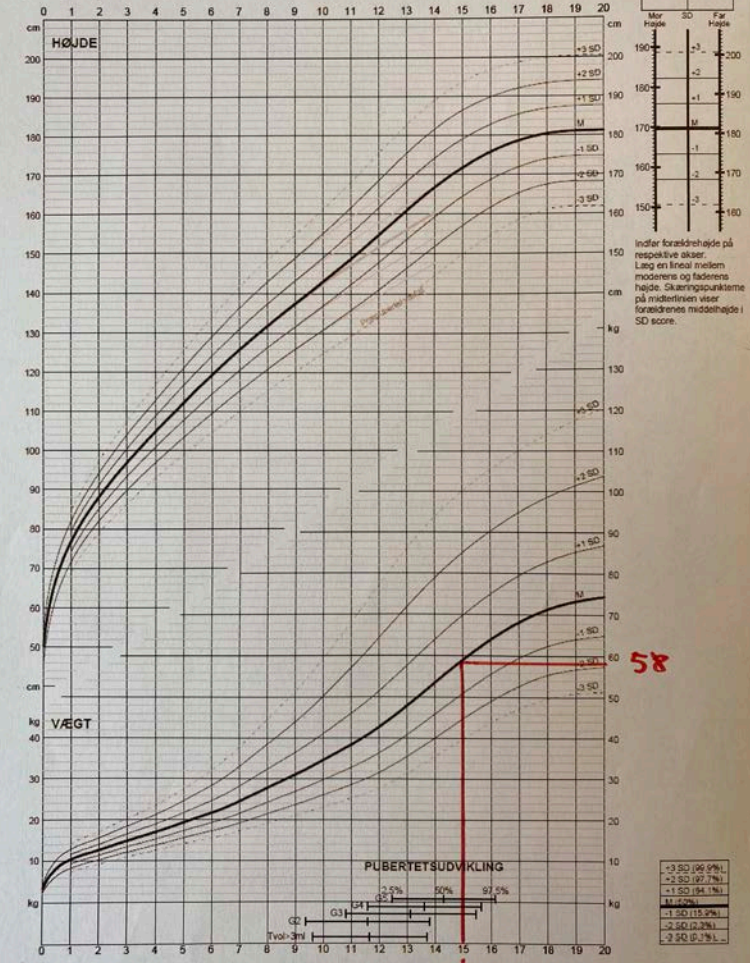
**Børn og unge
skal vokse og sejle**

Lad os se lidt sejlsport til en start...

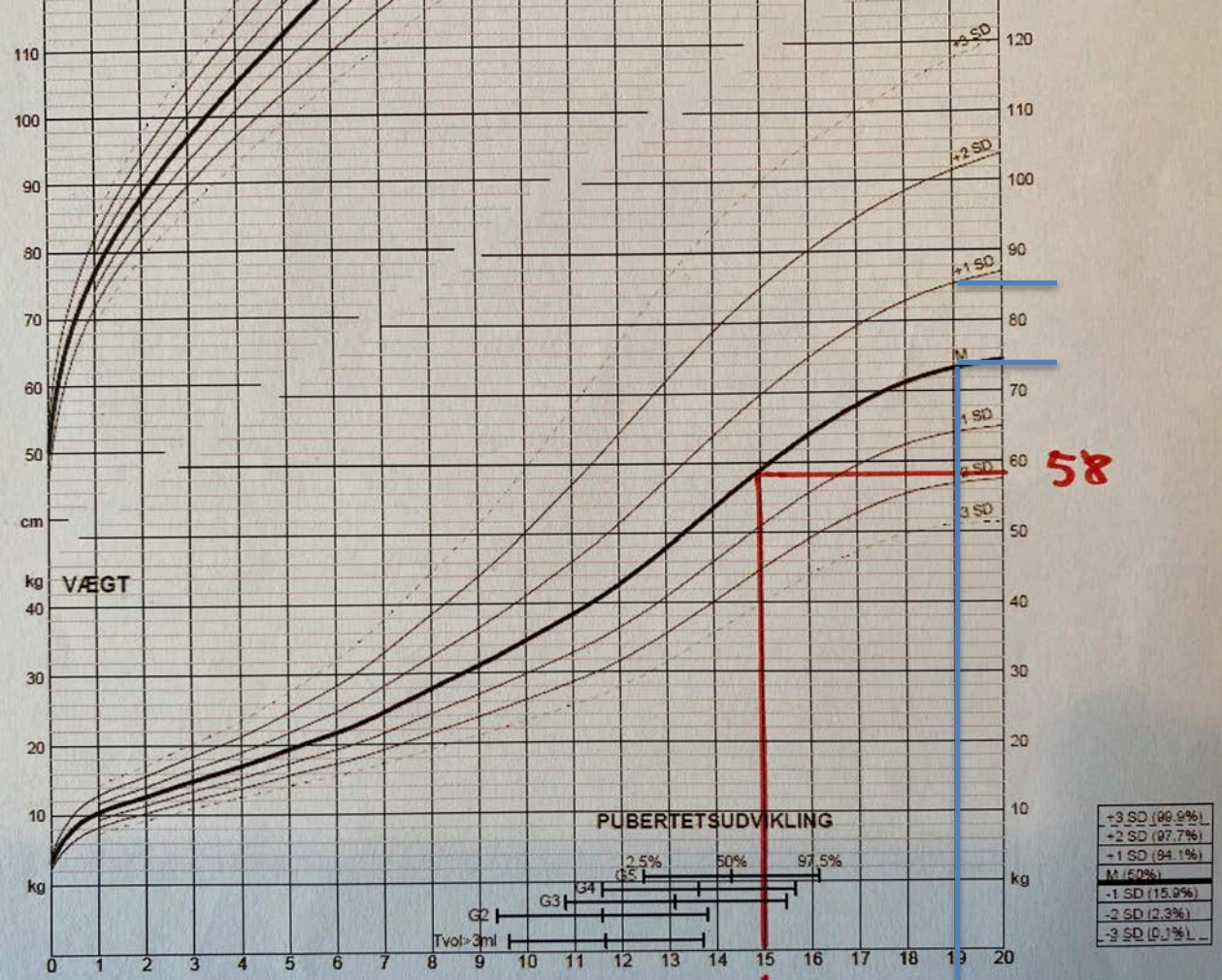




Højde og vægt for alder, fødsel til 20 år

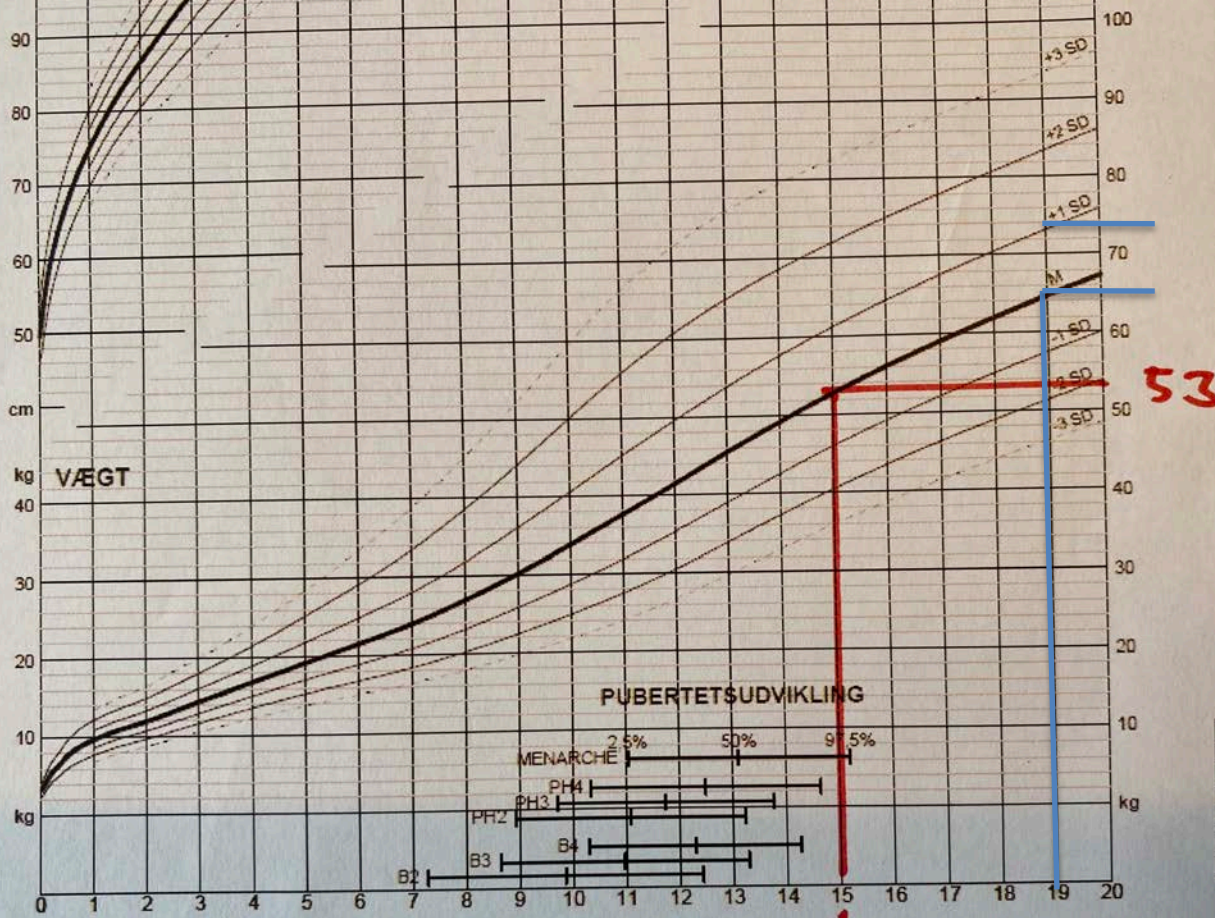


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Tinggaard J et al. Acta Paediatr Scand 2014.
 Sorensen K, Aksglaede L, Peterson JH, Juul A. J Clin Endocrinol Metab, January 2010, 95(1):263-270





+3 SD (99.9%)
+2 SD (97.7%)
+1 SD (84.1%)
M (50%)
-1 SD (15.9%)
-2 SD (2.3%)
-3 SD (0.1%)

Tinggaard J et al. Acta Paediatr Scand 2014.
 Aksglaede L, Sørensen K, Petersen JH, Skakkebaek NE, Juul A; Pediatrics Vol. 123 No. 5 May 1, 2009



Optimist – “optimal weight optimist”

North Sails, Optimist Dinghy Speed Guide

<https://www.northsails.com/sailing/en/resources/optimist-dinghy-speed-guide>

Up to 110pds (50kg)

The best up to 115-120pds (52,2-54,4kg)

<http://www.wilkessail.net/idealsize.pdf>

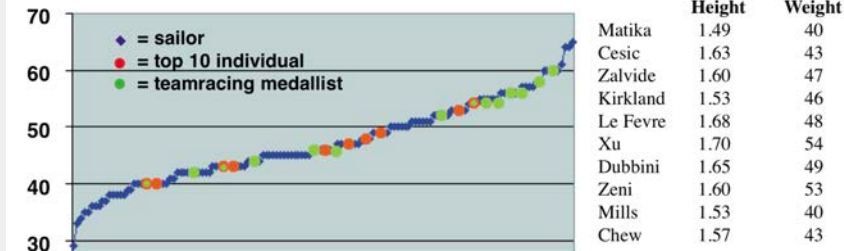
“The ideal size for the Optimist is 1.60m and 46kg” NOT!!

Verdensmester Peder Rønholt, 59kg

The windiest Worlds on record

The Top 10

The weights of top ten sailors were typical of a large proportion of the fleet:



Idealvægte andre joller

Zoom8: 40-60kg (35-65) <https://www.zoom8worlds.org/zoom8-facts/>

Laser 4,7: 60-65kg

Europe: 53-74kg

29'er: 120-128kg samlet. Gast gerne op til 75kg

Laser Radial: 65-71kg (62-72 i ungdom)

Laser Standard: 81-85kg

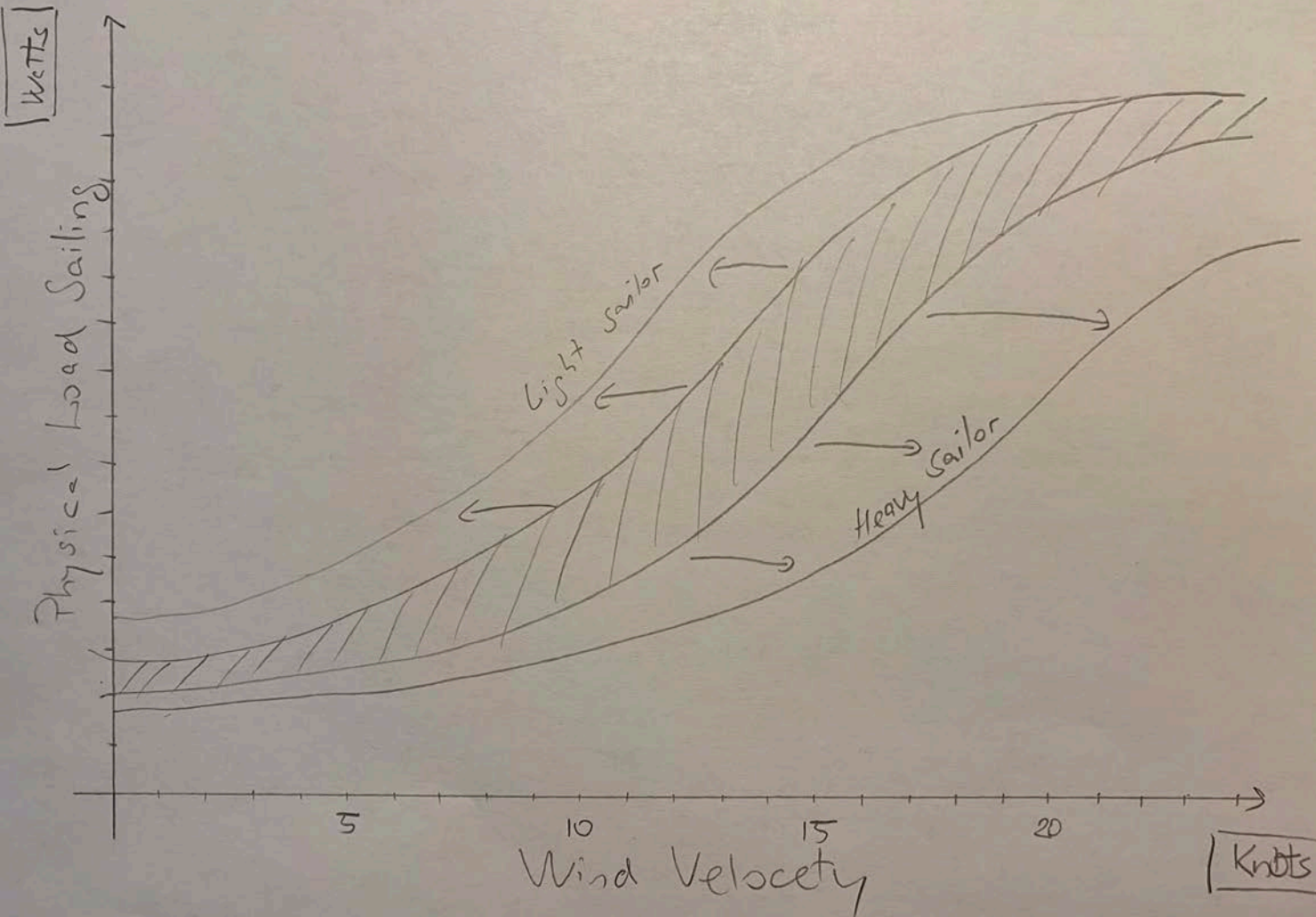
49'er FX: 65-70kg (135kg samlet)

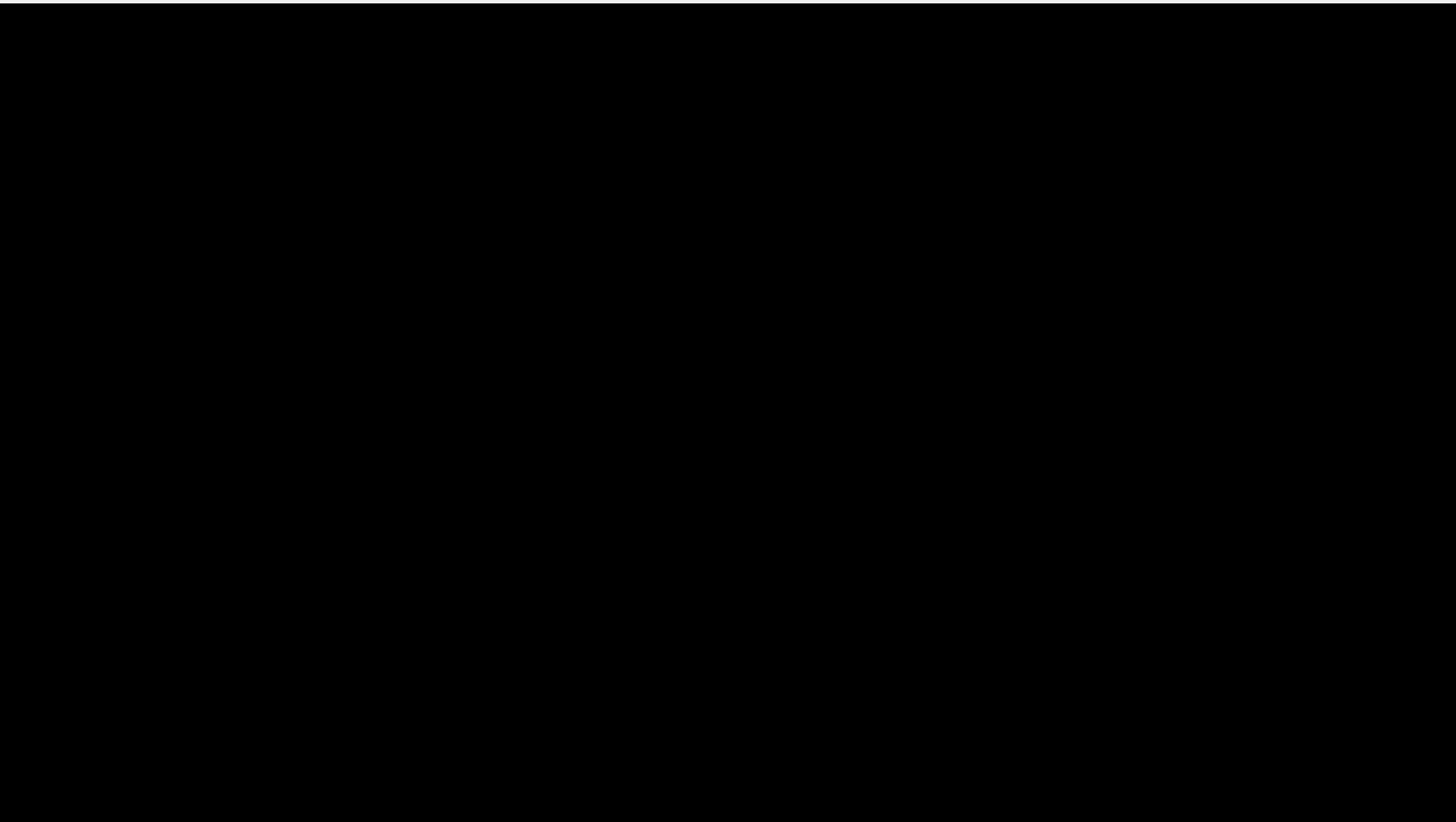
49'er: 78-85kg (162-165kg samlet)

Nacra 17: 137-143 samlet. Kvinder typisk 60-65kg. Mænd 75-83kg

IQ foil (men): Omkring 85kg







Team Danmark ATK 2,0 – Ny viden om gamle “Not To”

>>Der findes ikke belæg for at træning af børn og unge har indflydelse på hverken voksenalder, nedsat pubertær vækst eller modning<<

>>Det er ikke korrekt at vægttræning medfører højere belastning end træning med egen kropsvægt. Øvelser over flere led indebærer dog større risiko for skade<<

>> Tilpasset styrketræning kan ske allerede før puberteten<<



ATK 2,0 – de 7 bud og 2 opmærksomhedspunkter

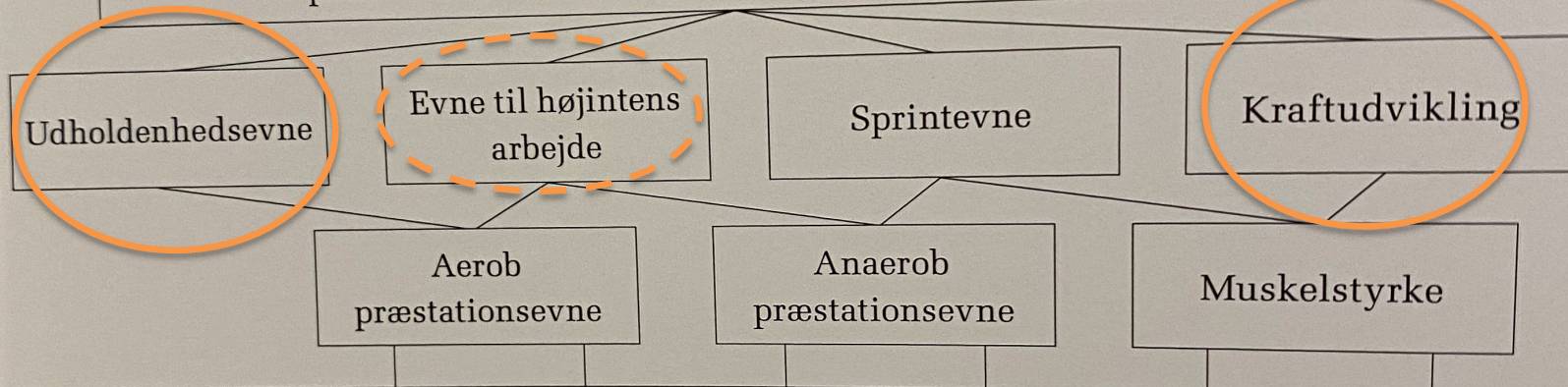
1. Individuelt tilpasset træning
2. Varieret træning med periodisering
3. Balance imellem energiindtag og træningsbelastning
4. Det kan have afgørende betydning for præstationen på kort og lang sigt, at supplere den sportslige træning med fysisk træning. Muskelstyrken er en væsentlig parameter for de motoriske evner og for præstationsfremme i idræt
5. Fysisk træning bør have styrkefremmende karakter snarere end karakter af udholdenhedstræning da det har en præstationsfremmende og skadesforebyggende effekt
6. Børn og unge opfordres til at deltage i styrketræning året rundt for at vedligeholde fremgangen i styrke som følge af træning
7. Specifik aerob træning er ikke relevant før efter puberteten

Vær opmærksom:

1. Mange børn har stamme muskelstrukturer – fleksibilitetstræning kan virke skadesforebyggende
2. Menstruationsforstyrrelser hos piger



Hvilke fysiologiske karakteristika består idrætten primært af eller ønskes primært af den fysiske træning?



	Effekt	Kapacitet	Effekt	Kapacitet	Neuralt	Muskulært
Præpubertet	+	+	-	-	++	-
Pubertet	++	++	+	+	++	+++
Postpubertet	+++	+++	+++	+++	+++	+++

Optimal respons på træningsparametre i relation til biologisk udvikling

(-) = ingen nævneværdi respons - brug ikke tiden på specifik træning heraf

(+) = mindre respons - overvej kraftigt tiden brugt på specifik træning heraf

(++) = fint respons - tiden brugt på specifik træning heraf kan være godt brugt

(+++)= optimalt respons - tiden er givetvis godt brugt på specifik træning heraf

Youth physical development (YPD) model for males

Chronological age (years)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
Age periods	Early childhood			Middle childhood						Adolescence						Adulthood				
Growth rate	Rapid growth			↔ Steady growth			↔ Adolescent spurt			↔ Decline in growth rate										
Maturation status	Years pre-PHV						← PHV →						Years post-PHV							
Training adaptation	Predominantly neural (age-related)						↔						Combination of neural and hormonal (maturity-related)							
Physical qualities	FMS		FMS			FMS			FMS											
	SSS		SSS			SSS			SSS											
	Mobility		Mobility						Mobility											
	Agility		Agility						Agility			Agility								
	Speed		Speed						Speed			Speed								
	Power		Power						Power			Power								
	Strength		Strength						Strength			Strength								
	Hypertrophy						Hypertrophy		Hypertrophy						Hypertrophy					
	Endurance & MC		Endurance & MC						Endurance & MC			Endurance & MC								
Training structure	Unstructured			Low structure			Moderate structure			High structure			Very high structure							

Periodisering af fysisk træning i en sæson

Sommer. Sejlsport og cardio træning.
Løbeture, cykling, svømning, boldspil mv.

Efterår. Generel fysisk fitness – solid base for vinterens arbejde, balancering af kroppen, restitution efter sæson. Ikke tung træning, men fokus på bevægelighed.
Sledge, kettlebells, battelropes, sjippetove, rope over & under, agility balls, agility cones.

Vinter. Styrketræning – opbygge styrke. 1-2 eller op til 4 måneder.
Junior/ungdom; egen kropsvægt, deck of cards, kettlebells, sledge, battelropes

Forår. Hurtighed, bevægelighed, fleksibilitet. Specifikt til bådtype.
Speedladder, agility balls, agility cones, sjippetove, rope over & under.



Holde sig i god form, være frisk og hurtig

Sommer

Restitution.
Forbered kroppen på en periode
med mere fysisk træning

Efterår

Forår

Få fart og bevægelighed
tilbage i kroppen

Vinter

Det udviklende arbejde frem til næste sæson





Danish Sailing Clubs -Physical Training Program #1
Bodyweight Training Focus
1 hour of training, 1-2x week

Warm up (10 min)

- 1 min of jogging
- 1 min of side skipping with arm swing (switch sides after 30 sec)
- 1 min of Zig Zag run
- 1 min of 5 steps forward and 3 steps back
- 1 min strait leg run
- 10 hip rotations each, 10 shoulder swings each, 5 touch the ground and lean back

Rope Over and Unders (15 min) – 10-15m rope tied between 2 anchor points

- 3x10 Duck under rope moving forward from start to finish
- 3x10 High knee over rope moving forward from start to finish
- 3x10 Rotations over rope (round house kick over rope) moving forward
- 3x10 Duck under rope with rotation (from squat to lunge and push off)
- 2-4x10 Sideways step over (forward) and back (keep knee above foot)
- *progression = raise rope/lower rope, complete backwards, combo exercises, faster*

Deck of Cards (15-25 min) 52 cards plus 3 jokers – Picture cards are 10 (aces are high), number cards are the number on the card 2-10, jokers are a high rep exercises. Each suit is assigned an exercise. Complete the deck with high quality technique as fast as possible.

- Diamonds – Bodyweight row (upper body pull)
- Hearts – Push-ups (upper body push)
- Spades – Sit up (core exercise)
- Clubs – Lunges (leg exercise)
- Jokers – Jumping Jacks (50) Mountain Climbers (50) and/or Burpies (20)

Cool Down (10 min) All stretches to be performed against wall for 90sec each

Split on wall, Butterfly stretch, Figure 4 glute stretch, Hamstring stretch, thigh stretch



Danish Sailing Clubs – Physical Training Program #2
Agility/Coordination Focus
1 hour of training, 1-2x week

Warm up (10-15 min)

- 5 min jogging
- Circle up and everyone in attendance will choose an exercise or mobility exercise

Rope skipping (10 min) 30 sec on and 10 sec off – repeat 2-3 cycles

- #1 - 30 sec – regular bounce
- #2- 30 sec – run in place
- #3 - 30 sec – right leg hop
- #4 - 30 sec – left leg hop
- #5 - 30 sec – heel toe

Agility ball with partner (15 min) – 2 min on and 30 sec rest - Upper body and lower body agility training. *For lower body let the ball bounce 2x before catching.

- 2 min – underhand tosses back and forth catching
- 2 min – underhand tosses off wall back and forth catching
- 3x2 min – underhand tosses to ground (2 bounces) catching, stay low in legs

Shuttle Runs (20 min) – Measured course with agility cones on start, 5m, 10m, 15m and 20m. One cone for each lane. Break group in half and while 1 group is working the other group is resting. From the start line, the athlete will sprint to 5m and back, then 10m and back, and 15m and back and finally 20m and back. The coach will start the group with “runners to their mark, set... GO!” Make sure the athlete uses both sides for decelerating (not running in a circle).

- Week 1 – 6 shuttle runs
- Week 2 – 8 shuttle runs
- Week 3 – 10 shuttle runs
- Week 4 – 12 shuttle runs

Cool down (5-10 min) – 800m easy jog and stretching for thighs, hip flexors and hamstrings



Danish Sailing Clubs – Physical Training Program #3
Power Focus
1 hour of training, 1-2x week

Warm up (6-8 min) - Weighted walks with kettlebells over a 50m course. 4kg, 8kg, 12kg, 16kg, and 20kg needed

- #1 – Single arm champion walks R&L (lightest)
- #2 – Single arm waiters walks R&L (medium)
- #3 - Single arm farmers walks R&L (Heaviest)

Speed ladder (15 min) - no rest time, 1-2 ladders as needed

- | | |
|------------------------------|-------------------------------------|
| 3x quick feet | 3x twist |
| 3x icky shuffle | 3x 1 forward & half back |
| 3x hop scotch | 2x each split together (front/back) |
| 3x snake (pivot) | 3x bear crawl |
| 2x each, single leg figure 8 | 2x each carioca |

Kettle Bell partner swings (10 min) 12kg, 16kg or 20kg kettlebell

- Partner 1 completes 10 KB swings and tosses the KB to partner 2.
- Partner 2 completes 10 KB swings tosses it back to partner 1.

- Week 1 - 100 swings each (10x10)
- Week 2 – 120 swings each (12x10)
- Week 3 – 140 swings each (14x10)
- Week 4 – 160 swings each (16x10)

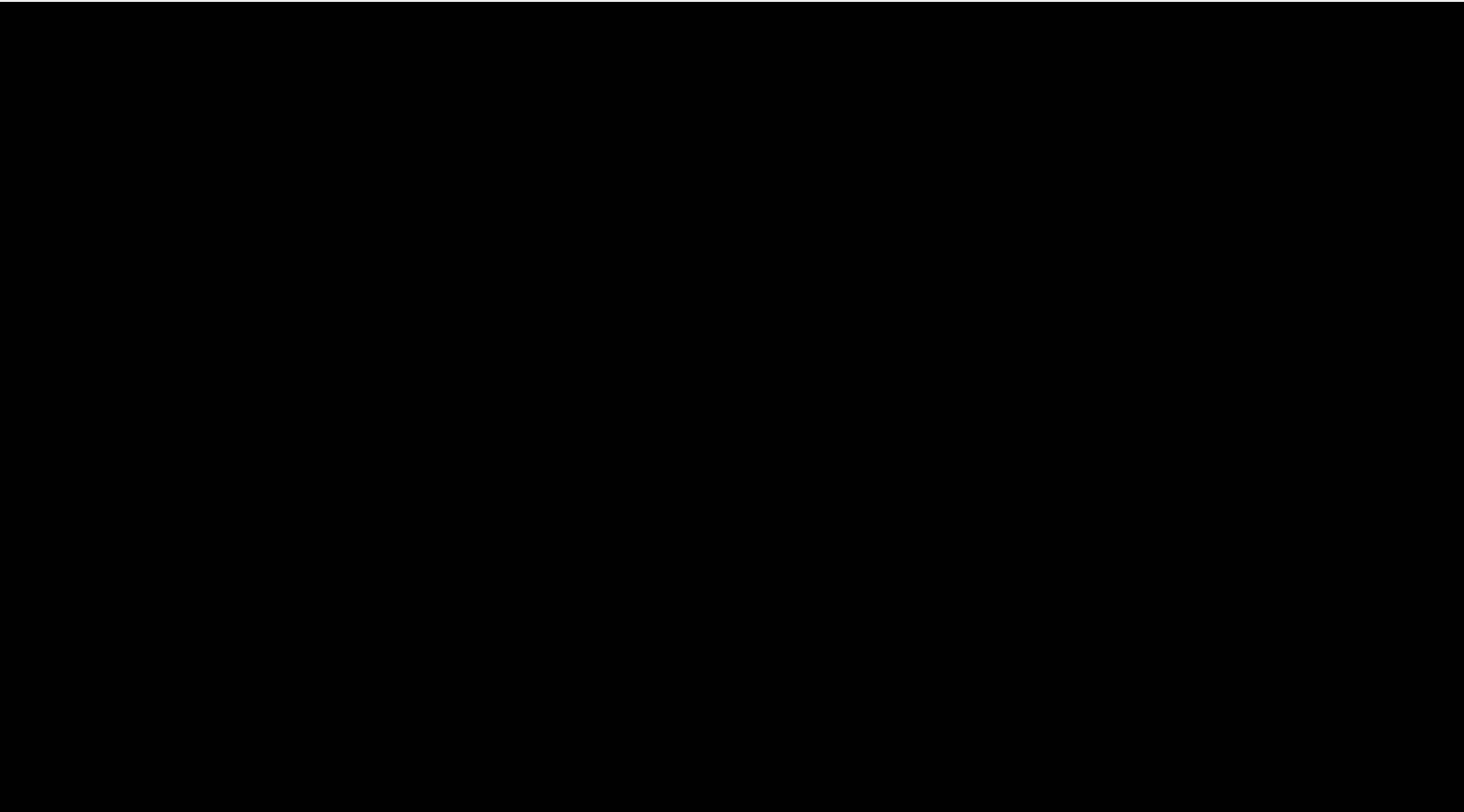
Battling Ropes (20 min) 2 athletes per 15m rope with rope anchored in the middle. Week 1 – 30sec on 40 off, Week 2 - 35 sec on 45 off, Week 3 – 40 sec on 50 sec off, Week 4 – 45 sec on 55 sec off.

- | | |
|----------------------------|-----------------------------|
| Alternating waves | Double waves |
| Shoulder flies (face away) | Circles out |
| Circles in | Upper cuts |
| Horizontal waves (snake) | Giant slams |
| Combat twist | Alternating presses (R & L) |

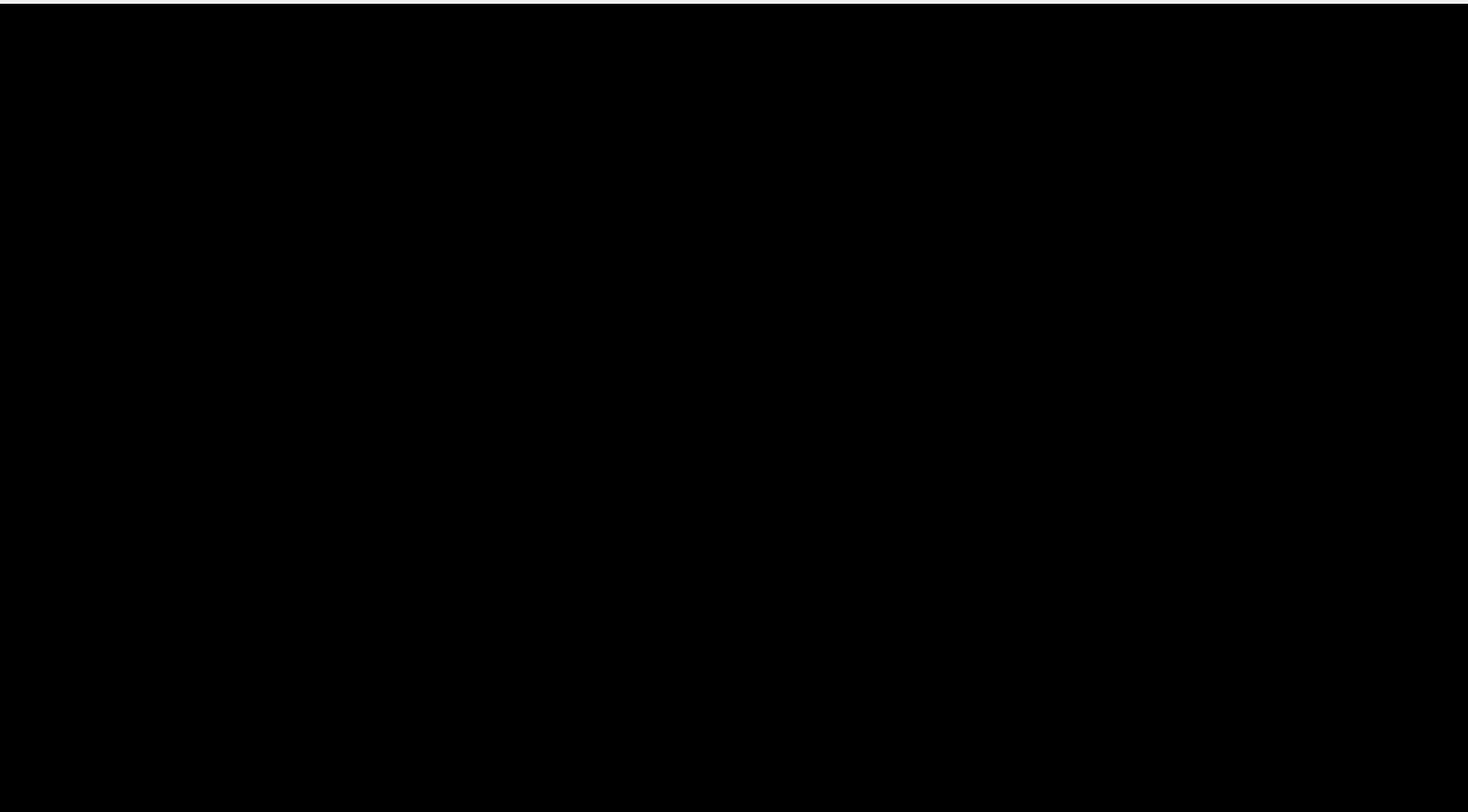
Cool down (10 min) Free play with ball or Frisbee



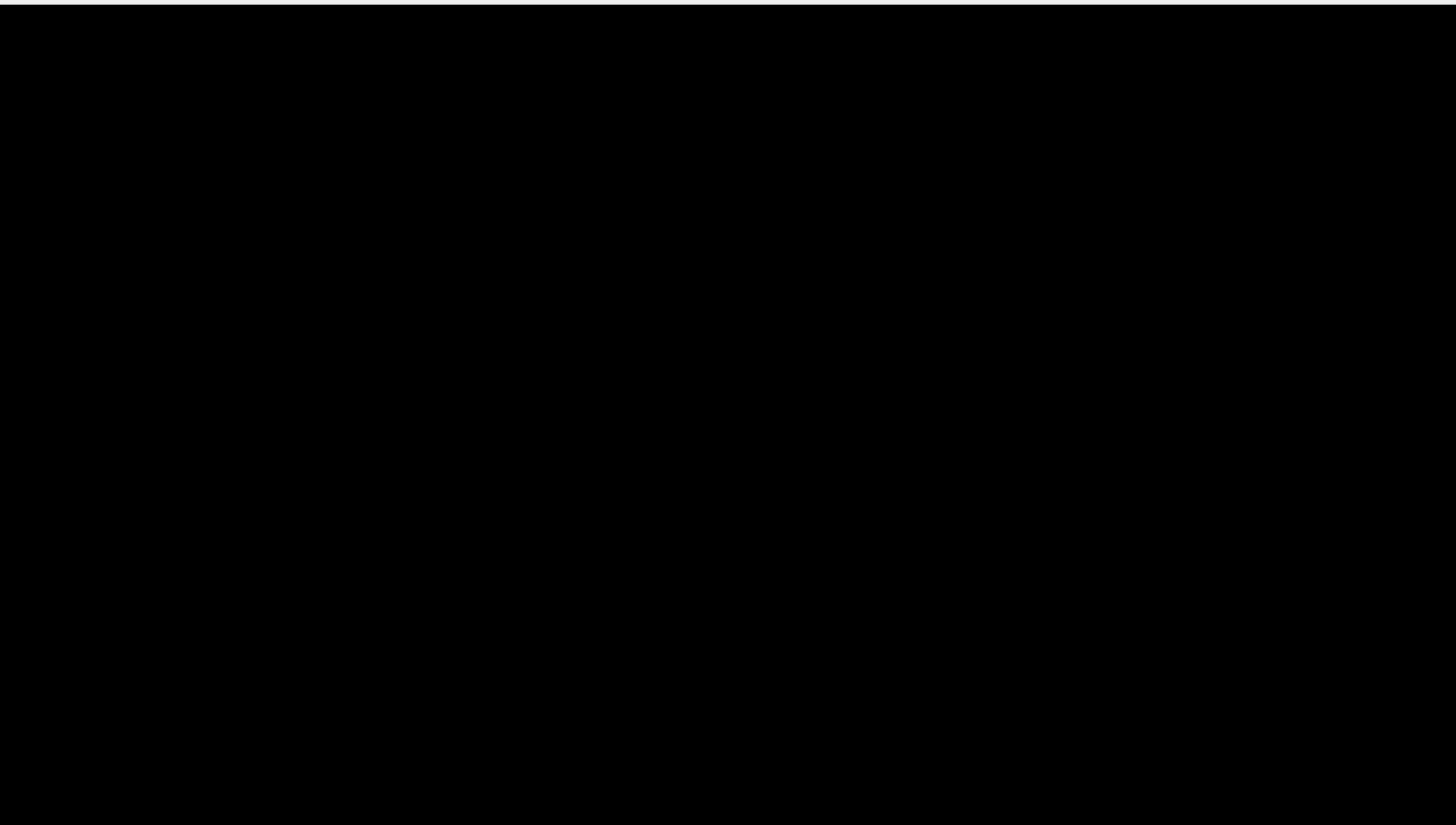
Klubtræningsprogram no2



Klubtræningsprogram no3



Klubtræningsprogram no1







TORM

