

SURFER'S FOOTPRINT

Surf Workout Routine: The Landlocked Surfer

Out-of-Water Training

Do it 3x per week to maintain surf-specific fitness on dry land

Day 1: Strength & Power

Workout	Primary Surf Benefit
A1: Goblet Squats (3x10-12) A2: Push-Ups (3xMax Reps) B1: Dumbbell Rows (3x10-12/side) B2: Plank (3x60s) C: Box Jumps (3x5)	Builds lower body power for turns, upper body strength for pop-ups, back strength for paddling, core stability, and explosive power

Day 2: Cardio & Endurance

Workout	Primary Surf Benefit
Option 1 (Swim): 10 x 50m Freestyle Sprints (rest 30s) Option 2 (Bike): 5 x 3-min High-Intensity Intervals (rest 90s) Option 3 (Run): 8 x 400m Sprints (rest 60s)	Mimics the high-intensity paddling of catching waves, builds cardiovascular endurance for long sessions, and improves recovery between efforts

Day 3: Mobility & Balance

Workout	Primary Surf Benefit
A: Indo Board Balance (5-10 mins) B: Cat-Cow (2x10) C: Thoracic Rotations (2x10/side) D: Pigeon Pose (2x60s/side) E: Downward Dog (2x60s)	Improves balance and proprioception, increases spinal mobility for turns, opens up the hips for a lower stance, and lengthens the posterior chain

Train like a pro surfer:
pair this workout with online surf coaching to 10X your progression.



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Disclaimer :

This routine is for general fitness purposes only. Always consult a qualified medical professional before starting a new exercise program.