

SURFER'S FOOTPRINT

Surf Workout Routine: The Mindful Surfer

Breathwork, Focus & Ocean IQ

Integrate these drills into your pre-surf, in-water, and post-surf habits

Phase 1: Pre-Surf (Mind)

Drill / Practice	Sets	Frequency/Duration	Primary Surf Benefit
Visualization	—	5 min before session	Primes the mind for success, builds confidence, and rehearses motor patterns
Box Breathing	—	2-3 min to calm nerves	Lowers heart rate, reduces anxiety, and improves focus before paddling out
Ocean Observation	—	5-10 min watching waves	Improves wave selection, helps identify patterns, and increases ocean awareness

Phase 2: In-Water (Focus)

Drill / Practice	Sets	Frequency/Duration	Primary Surf Benefit
Wave Count Goal	—	Set goal each session	Provides a clear objective, prevents aimless drifting, and increases motivation
Focus on Breath	—	During lulls & paddle-outs	Maintains a calm state, conserves energy, and keeps you present in the moment
Positive Self-Talk	—	After wipeouts or misses	Builds resilience, prevents frustration, and maintains a positive mindset

Phase 3: Post-Surf (Reflection)

Drill / Practice	Sets	Frequency/Duration	Primary Surf Benefit
Journaling	—	5 min after session	Reinforces learning, identifies areas for improvement, and tracks progress over time
Gratitude Practice	—	1 min looking at ocean	Fosters deeper connection to the ocean and ends the session on a positive note

Phase 4: Dry-Land (Breath)

Drill / Practice	Sets	Frequency/Duration	Primary Surf Benefit
Static Apnea Holds	—	2-3 times per week	Increases breath-hold capacity and confidence in hold-downs
CO2 Tolerance Tables	—	1-2 times per week	Trains the body to handle high CO2 discomfort, reducing the urge to panic
Yoga / Meditation	—	10-20 min daily	Improves flexibility, balance, and mindfulness, which translates directly to surfing

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.