

# SURFER'S FOOTPRINT

## Surf Workout Routine: The Weekend Warrior

*Maximizing Performance & Minimizing Soreness  
For surfers who can only hit the waves on weekends*

### Phase 1: Mid-Week (3 Days) - Maintenance & Readiness

Workout	Primary Surf Benefit
<b>Day 1 (Cardio):</b> 30-45 mins of running, cycling, or swimming <b>Day 2 (Strength):</b> Full-body workout with core (plank, twists) and power (kettlebell swings) <b>Day 3 (Mobility):</b> 20-30 mins of yoga or dynamic stretching (hips and shoulders)	Keeps your body primed for the weekend, preventing fitness drop-off and reducing injury risk from sudden intense activity

### Phase 2: Pre-Surf (Weekend) - Activation & Warm-Up

Workout	Primary Surf Benefit
<b>5-10 mins before paddling out:</b> Jumping Jacks • High Knees • Arm Circles • Torso Twists	Activates the nervous system, increases blood flow, and prepares for explosive movements. Reduces risk of strains and sprains

### Phase 3: Post-Surf (Weekend) - Recovery & Repair

Workout	Primary Surf Benefit
<b>10-15 mins after surfing:</b> Foam Roll (Quads, Hamstrings, Back) • Pigeon Pose • Thread the Needle • Child's Pose	Flushes out lactic acid, reduces soreness, and improves flexibility. Helps you recover faster so you can surf the next day without stiffness

### Phase 4: At the Office - Desk-Bound Mobility

Workout	Primary Surf Benefit
<b>5-10 mins, 2-3 times a day:</b> Neck Rolls • Wrist Stretches • Seated Spinal Twists • Cat-Cow Stretches	Counteracts sitting effects. Keeps spine, hips, and shoulders mobile, preventing stiffness that can affect surfing form

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.*