

# British Fencing – National Academy

## Contacts

[Neil Brown](#), [Linda Strachan](#), [Saskia Blair](#)

## Documents

[The fitness tests & protocols](#)

[Blank training plan spreadsheet](#)

[Planning & LTAD information](#)

[SWOT & goal setting](#)

[Recovery from training \(Liam Grimley\)](#)

[Experts are made not born](#)

[Understanding the path to the podium](#)

[The Growth Mindset](#)

[Talent is overrated](#)

[Relative age effect – fencing case study](#)

[Relative age effect](#)

## Training

[Footwork Sessions](#) (36 interval sessions, Neil Brown)

[Footwork Circuit](#) (Maciej Wojtkowiak)

[Footwork Workout](#) (Maciej Wojtkowiak)

## Training & Exercise Videos

Training exercises from Phil Marshall & John Richardson. March 10

1. [Programme Introduction](#)
2. [Squats Frontal L&R](#)
3. [Squats Transverse L&R](#)
4. [Squats OHP](#)
5. [Squats XXI ~ Frontal L&R](#)
6. [Squats XXI ~ Transverse L&R](#)
7. [Squats XXI ~ OH Posterior](#)
8. [RLB ~ Frontal L&R](#)
9. [RLB ~ Transverse L&R](#)
10. [RLB ~ OH Posterior](#)

11. [RLB ~ OH Anterior](#)
12. [Hip Ups Transverse](#)
13. [Hip Ups Frontal](#)
14. [Lunge Matrix RSS ~ SSR](#)
15. [Lunge Matrix RSS ~ SSL](#)
16. [Lunge Matrix RSS ~ OSL](#)
17. [Lunge Matrix RSS ~ OHP](#)
18. [Hip Ups Transverse ~ Alternate Push Up](#)
19. [Hip Ups Frontal ~ Alternate Push Up](#)
20. [Jump Matrix Introduction and Level 1](#)
21. [Jump Matrix ~ Frontal Arms](#)
22. [Jump Matrix ~ Transverse Arms](#)
23. [Jump Matrix ~ OH Posterior \(Unilateral\)](#)
24. [Jump Squat Matrix Introduction & Level 1](#)
25. [Jump Squat Matrix~ Frontal Arms](#)
26. [Jump Squat Matrix ~ Transverse Arms](#)
27. [Jump Squat Matrix ~ OH Post](#)
28. [Right Hop Matrix Introduction and Level 1](#)
29. [Right Hop Matrix ~ Frontal Arms](#)
30. [Right Hop Matrix ~ Transverse Arms](#)
31. [Right Hop Matrix ~ OH Post Arms](#)

### **Training exercises from Phil Marshall. Summer 08**

Please be aware that these exercises are potentially harmful if not performed correctly. It is very important they are learned & done under expert supervision.

1. Squat - [front side](#)
2. Power Clean - [front side](#)
3. Deadlift - [front side](#)
4. Lunge - [front side](#)
5. Snatch - [front side](#)
6. Single Leg Squat - [front side close-up](#)
7. Straight Leg Deadlift - [front side](#)
8. Alternate Bicep Curl - [front side](#)
9. Bicep Curl – [front](#)
10. Bench Press - [front side](#)
11. Dumbell Press - [front side](#)
12. Forearm Curl Extention - [front side](#)
13. Forearm Curl Flexion - [front side](#)
14. One Arm Dumbell Row - [front side](#)

15. Press Up - [front side](#)
16. Shoulder Press - [front side](#)
17. Tricep Kickback - [front side](#)

Several hundred videos of demo exercises, lectures, etc.  
Check out tabata intervals for time-efficient CV training  
[www.crossfit.com](http://www.crossfit.com)