
The Ultimate Fitness Program for the Ultimate Women's Surf Camp Vacation

Contributed by Webmaster
Friday, 29 February 2008
Last Updated Friday, 29 February 2008

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The bikini is packed? Yes. The sunscreen is packed? Yes. Yoga workout gear? Yes. All ready to head off on your women's surf camp vacation? No, not quite. To get the absolute utmost out of your surf camp vacation it is a great idea to prepare yourself physically. No, we don't mean getting a fake tan or some liposuction.

We are talking about obtaining some fitness and endurance so that you will be able to enjoy every single second that you are in the glorious surf. You don't want to go on your vacation and realize you're exhausted after just one wave, do you? A little preparation before you leave will ensure you can participate fully and also decreases your chances of straining anything while being on an active vacation.

Bandages and tiger balm are not the sort of vacation souvenirs that anyone wants to bring home. Fitness is one of those fantastic things in that the more you put in, the more you will benefit. Once you have booked your vacation it is a great idea to kick off the preparation campaign.

Ideally, building yourself up slowly is best to minimize strains. If you are in any doubt as to your physical abilities, get yourself checked out with your medical practitioner first.

Your surfing and yoga camp will require you to use some parts of your body that may well be a little rusty from under use. You will need to work on your arms for paddling and pushing yourself up on your board. Nice strong legs will help with the water and yoga activities. Strong lower abdominal muscles (core muscles) are helpful for surfing, yoga and looking great in your bikini. We love that, don't we!

Aerobic fitness will assist you with paddling further and faster, swimming, holding your breath under waves, and not to mention, just feeling better and healthier overall.

We are going to give you a guide of exercises and activities that you can embark upon to ensure that you are able to realize your full potential while on your women's surf camp vacation.

Push Ups

Push-ups are one of the best exercises for preparing for your surf trip. A strong upper body will really assist you with paddling out to the waves, paddling on to a wave, and then being able to push yourself up on your board. Of course, another added bonus is that your arms won't be jiggling while on display in your beach vacation outfits.

Start out with whatever you can manage, and slowly build up. Many gals find push-ups a real struggle to start with. If you just can't get yourself off the floor, then perhaps a small session with a trainer to show you how to do them properly might be worthwhile. Even if you can just build up to 5 push ups a day you will be making a positive impact on your surfing.

Squats

Squats are another one of those exercises that can make all the difference. Squats will help you leap to your feet on your board more quickly and gracefully.

Walking or Jogging

Not only does walking or jogging increase your aerobic fitness, it is also a great fat burning activity. 20-30 minutes three to six times per week will have your fitness levels increasing in no time. Glowing skin and a taut body before you even arrive at your women's surf camp! Fit gals will be able to get so much more out of their vacation. Indulge in massages and down time because you want to, not because you have to!

Swimming

Swimming is a fantastic low impact form of exercise. Increase your swimming distance until you can ideally manage 5 laps at an Olympic size pool. This is by no means a prerequisite, just a suggestion. Swimming 2-3 times weekly would be ideal. Swimming will allow you to increase your aerobic fitness and endurance abilities. You will also be ensuring that you are having as much fun as you can while in the ocean. Freestyle swimming will also benefit your upper arms and shoulder strength for the paddling component of surfing.

Paddling

Practicing paddling in a pool, lake or the ocean before you leave is an optional extra.

Lower Core (Lower Abdominal Muscles)

Having a strong lower body core will be a bonus for your yoga and surfing. All those lower tummy exercises, including crunches, will give you more strength in the lower back and lower body.

Flexibility

Performing stretching exercises twice a day for a minimum of two weeks before you hop on the plane will enhance your yoga classes and minimize the chances of strains and sprains. You will be more graceful on your surfboard and your recovery will be faster.

When starting off on your conditioning program it is important to listen to and respect your body. There is no point in giving yourself a strain or injury. Start off gently and slowly build up. Try and ensure one day of rest weekly to allow your body to recover properly.

Maximize your surfing pleasure and minimize your surfing strains. Make your women's surf camp vacation the vacation of a lifetime. Work a little on your fitness before you go to optimize every moment of your vacation in surfing paradise.

Me-Shell Mijangos, an ex-professional snowboarder, left the corporate world of NYC to follow her bliss in Maui, Hawaii. She is the founder of an all inclusive women's surf camp called SwellWomen. Two years ago, she started SwellCo-ed, a Surf and Yoga Experience for women, men and couples. She hopes to surf with you in paradise soon! Visit her SwellBlog!

Get The Curves That You Want With Your Body

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