

INTERNATIONAL SAILING ACADEMY



Tips on Improving ILCA Sailing Fitness

From Colin Gowland Operations Manager & ILCA Coach International Sailing Academy

Did you know you can gain extremely valuable insights by using a smartwatch combined with tracking software like Training Peaks? Let's look at how fitness tracking can help solve some common ILCA fitness errors and more.

Common Fitness Errors

- Doing too little leading to underperformance. Missing big training blocks. Inconsistency.
- No gradual increase in loads / fitness flatline
- Doing too much leading to burnout or injury
- Improper event taper

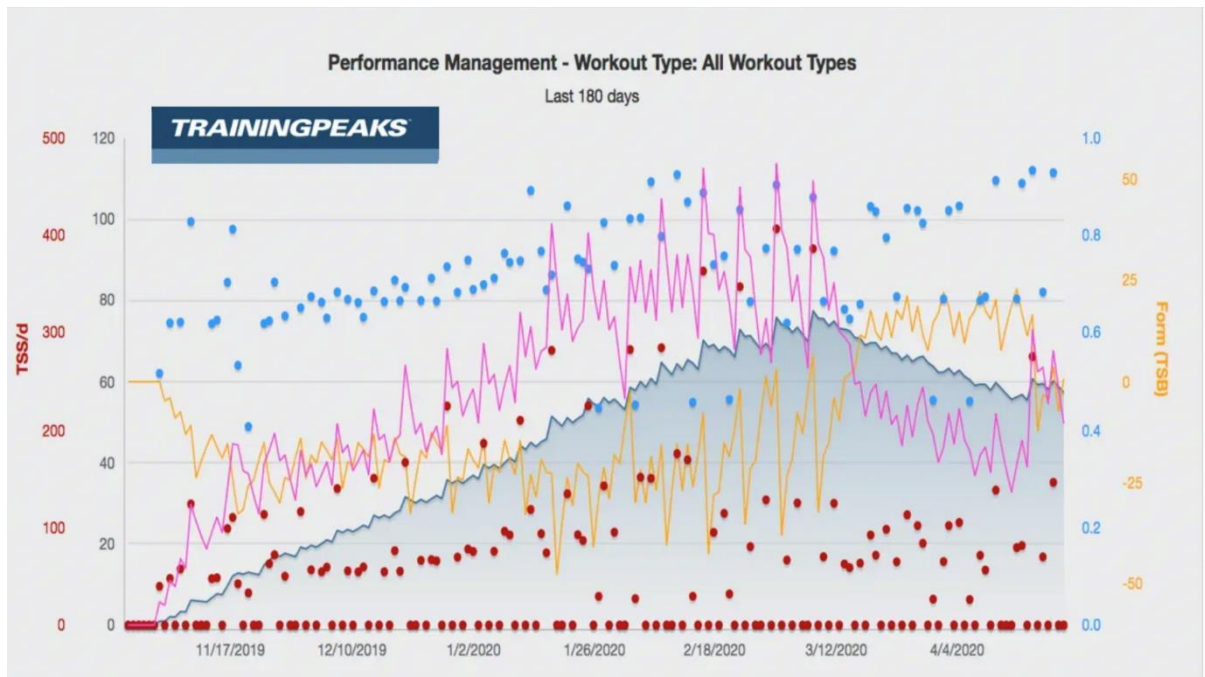
Fitness Monitoring as part of the Solution

Monitoring fitness gives you a clear, measurable view of gains or declines, keeping you on track. You'll always have a fitness score right at your fingertips, an average of your training loads over a multi-week period. When you slack off, it goes down. When you stay on target, it increases. Instant gratification!

Gradually increasing loads is crucial to building cardio and strength required for success in the ILCA. By monitoring, you'll be motivated by this visual ramp and metric leading up to your key events.



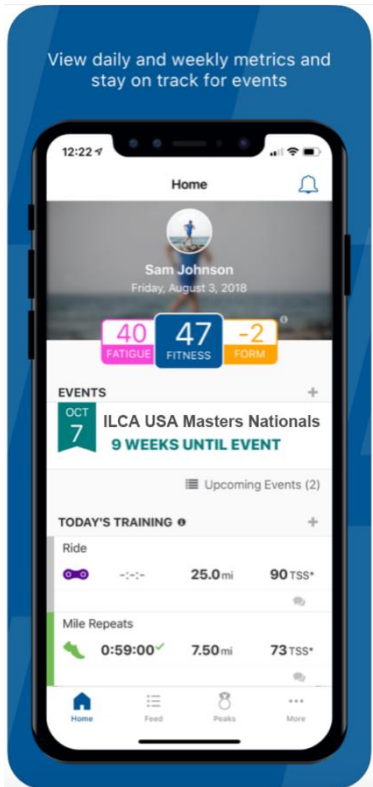
Training Peaks will also give you a fatigue number that you can use to avoid overtraining. This helps you avoid burnout, loss of motivation, or injury from doing too much too fast. With practice you'll find the right balance between training volume and recovery. Imagine arriving at an event knowing that you're at your absolute peak of fitness, fully rested with a tank full of gas. The whipping sound of the club flags on a heavy air day, and a big forecast ahead, will bring a giant smile to your face.



Tips to Get Started on Your Own

- Setup Training Peaks

- Sync data from all workouts, including sailing, with a smartwatch like Garmin
- Send data to Training Peaks
- Record how you normally train for a few weeks
- Slowly increase training loads and keep your fitness score gradually climbing, without bringing your fatigue score below -15



Get Started with Expert Help

- Thomas Saunders, World Champion ILCA sailor and ISA guest coach, can help you set up and monitor your fitness program.
- [Book a consultation with Thomas now to get started.](#)

“I’m a big fan of recording data and the benefits from monitoring your training load is a critical aspect to getting the most out of the work you are putting in. This adds structure and consistency while helping to avoid injuries/sickness and I personally love to see improvements in my conditioning. It’s motivating and brings confidence going into an event when we know we’re fit and strong. One of few controllable’s in our sport! Training peaks is my bible.”

~ ILCA World Champion, Thomas Saunders (NZL)

Thomas Saunders Signature Clinic

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