



Hiking Like a Champion

Physical Training for Sailors

BY BRUNO FONTES

3x Olympic Athlete · 2x Olympic Coach

DEFINITIVE EDITION · VOLUME 1



WE DON'T STOP

FROM COACH TO YOU

Everything I learned in 3 Olympics: now it's yours.

I've lived everything you'll feel training. The sweat dripping at the wrong time, the leg cramping mid-race, the feeling of not being able to take one more upwind leg.

But I've also lived the other side: finishing with 20% still in the tank, catching a wind shift, crossing the line knowing the gym work carried me there.

This ebook is the distillation of 25 years as a high-performance athlete, and what I apply today coaching Olympic athletes from other nations.

It's not just exercise. It's a way of thinking about training. **We don't stop.**



VIDEO MESSAGE

Watch my welcome message in video

▶ youtu.be/hCS37dwtfw4

Bruno Fontes

3x Olympian · International Coach



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What you will learn

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Why fitness wins races.

Sailing is one of the most underrated sports in physical demand. People who don't sail don't know, those who do, feel it.

75%

of race time spent in active hiking

12-18kg

of sustained isometric force on the thighs

4-6h

total duration of an Olympic regatta day

Knowing how to trim isn't enough. When the wind picks up, victory goes to whoever holds the correct position longer, recovers between boards faster, and keeps a sharp head at the end. All of this is trainable.



The Hiking Position

The 3 mistakes that sabotage you, and the 3 corrections that unlock performance.

✗ WRONG



CROSSED LEGS

Causes knee injury and total loss of force transfer to the boat.



DISENGAGED CORE

Weak abs prevent sustainability, you fatigue in seconds.



LOOSE STRAP

Disconnects body from boat. Each wave steals your power.

✓ CORRECT



TIGHT STRAP

Ensures control, connection, and energy transfer to the hull.



LEGS SQUEEZING

Total stability in strong wind. The base of power.



TRUNK ALIGNED

Increases safety, strength, and endurance throughout the race.



VIDEO

See the correct position in action

[▶ youtu.be/qezfce2otpo](https://youtu.be/qezfce2otpo)

Where are you today?

Before following the plan, measure where you are. Without a benchmark, there's no real progress.

The Hiking Bench Test

- 1 Get your timer ready
- 2 Do a warm-up
- 3 Prepare your mind
- 4 **Position yourself on the bench simulating real hiking. Torso forward, legs extended, feet firm on the strap. Time how long you can hold perfect form.**



With your test time, you'll know exactly where you stand on the Coach's Level Scale below.

The Team Fontes Level Scale

1 BEGINNER less than 30 s	2 INTERMEDIATE 30 – 59 s	3 EXPERIENCED 60 – 89 s	4 ADVANCED 90 – 150 s	5 PRE-ELITE 150 – 200 s	6 ELITE ≥ 200 s
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COACH'S TIP

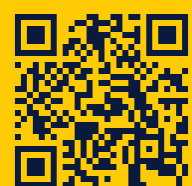
Use the test as self-discovery, the goal is to maintain form as long as possible, respecting your body. Focus on progress, not competition.

EXECUTION VIDEO

Watch the Hiking Bench Test in action

I show how to apply the Bench Test on a real sailor. Point your camera at the QR or click the link.

▶ youtu.be/fWio49sJ-eI



Rate of Perceived Exertion

Your body doesn't count kilometers or kilos. It only responds to stimulus. Learn to read it.

10 **MAX EFFORT** **Almost impossible to continue. No breath, can't speak.**
Hiking at max in 30+ knots, final race of a long regatta.

9 **VERY HARD** **Barely able to breathe. Speaking only a few words.**
End of a long upwind leg, legs locking, everything burning.

7-8 **VIGOROUS** **Borderline uncomfortable. Can speak a sentence.**
Racing in strong wind, fully hiked, still competing.

4-6 **MODERATE** **Breathing heavily. Can hold a short conversation.**
Moderate conditions, alert, steady pace between tacks.

2-3 **LIGHT** **Feels sustainable for hours. Easy to breathe.**
Warm-up on the trapeze, light training sail.

1 **VERY LIGHT** **Hardly any exertion, but more than resting.**
Post-race stretching, mobility work, active recovery.

HOW TO USE IN THIS PLAN

RPE 1-2

Mobility & Recovery, warm-up, stretching, cool-down

RPE 3-4

Zone 2 Aerobic, bike, rowing or easy run for 40 min

RPE 5-7

EMOM Functional Strength, 20s of work per movement

RPE 7-8

Intervals, 2 min hard + 3 min easy, repeated 4 times

RPE 8-10

Tabata & Hiking Capacity, maximum effort, minimum rest

The 6 Training Pillars

Everything I do with Olympic athletes fits in 6 pillars. They work together, remove one, the system collapses.

01

Mobility

Range of motion. The base that protects against injury.

02

Core

The center that holds it all. No core, no hiking.

03

Functional Strength

Power applied to the sailing gesture. EMOM and supersets.

04

Endurance

Aerobic endurance. Hold the 4th race like the 1st.

05

Hiking Specific

Direct position training. Endurance, isometric and explosion on the bench.

06

Recovery

What separates amateur from pro. Training is stress, recovery is adaptation.

PILLAR 01

Mobility

Range that protects.

10–15 min/day

FOCUS

Hips and shoulders

SETS

2 to 3 per region

ATTENTION

Conscious breathing

WHY IT MATTERS

Tight hips = compensated hiking position. Compensated position = power leak and injury. 10 minutes every day protects your season.

KEY MOVEMENTS

Hip 90/90 · Shoulder circles · Hip flexor stretch · Thoracic rotation · Pigeon stretch

EXECUTION VIDEOS

Point your camera to the QR or click the link.



Mobility

[▶ youtu.be/](https://youtu.be/LRCZ49HUGUg)

[LRCZ49HUGUg](https://youtu.be/LRCZ49HUGUg)

Core

The decisive center.

Tabata · 8 sets

PROTOCOL

Tabata 20s on / 10s off

MOVEMENTS

Snow Angel × Plank, superset

FREQUENCY

3 to 4 times per week

HOW TO EXECUTE

Snow Angel: lie flat, arms sweep side to overhead. Lower back stays in contact with the floor. Full range.
Plank: full body tension. Squeeze glutes, abs, everything. No sagging. No breath-holding.

WHY SUPERSET

Snow Angel trains the pull, Plank trains the hold. Together they replicate the core demand of an upwind leg.

EXECUTION VIDEOS

Point your camera at the QRs or click the links.



Snow Angel

▶ youtu.be/2GoVmJmEeLA



Plank

▶ youtu.be/Oaa59tTS-6U

PILLAR 03

Functional Strength

Applied power.

EMOM · 4 × 5 min = 20 min

STRUCTURE

EMOM, Every Minute on the Minute

INTERVAL

20s work · 40s rest

ORDER

① Squat ② Row ③ Lunge ④ V-up ⑤ Wall Sit March

WHY EMOM

Every Minute on the Minute creates a fixed rest window. You control the work. The clock controls the rest. This is how Olympic athletes build functional strength without burning out the aerobic system.

COACHING CUE

In every movement: exhale on effort, maintain trunk tension, never sacrifice range for speed.

EXECUTION VIDEO

Watch the complete EMOM workout. Point your camera to the QR or click the link.



Functional Strength

[▶ youtu.be/](https://youtu.be/LXSzTIBZQvo)

[LXSzTIBZQvo](https://youtu.be/LXSzTIBZQvo)



PILLAR 04

Endurance

Hold to the finish.

30-60 min · 2x week

AEROBIC

40 min · zone 2 · nasal breathing

INTERVALS

35 min · 4 × (2min hard + 3min easy)

MODE

Bike, ergometer or running

WHY ZONE 2

In Zone 2 with nasal breathing, your body uses fat as fuel. This builds the aerobic base that lets you hold race 4 with the same power as race 1.

NASAL BREATHING TEST

If you can't breathe through your nose, slow down. If you can hold a 3-word sentence, you're in Zone 2. If you can hold a conversation, push slightly harder.

EXECUTION VIDEOS

Point your camera to the QR or click the link.



Endurance

[▶ youtu.be/](https://youtu.be/muvMOPASIKc)

[muvMOPASIKc](https://youtu.be/muvMOPASIKc)

Hiking Specific

The capacity that wins races.

Bonus · Choose 1 block per session

Upwind Hiking
Hiking in movement

5 · 8 · 12 continuous minutes

Race Interval
Hiking isometric

Level 1-3 · 30 / 45 / 60s on/
off


Short & Intense
Tabata hiking


20s on / 10s off · 10 rounds ·
RPE 8-10

Direct hiking position training: endurance in movement, isometric strength with quality, and explosion. Choose ONE block per session. Progress within the level before advancing.

WHEN TO USE
On light wind or no-wind days, do the hiking training on the boat itself or in the gym. Turn windless time into performance gain.

EXECUTION VIDEOS
Upwind: youtu.be/1aN1VGGQscg · Isometric: youtu.be/TNO4ur2OELc





Upwind Hiking
▶ youtu.be/1aN1VGGQscg



Recovery

Where evolution happens.

10–15 min after each session

FOCUS

Lower back, glutes, legs

SETS

2 to 3 per region

PRINCIPLE

Training is stress · recovery is adaptation

KEY AREAS

Lower back · Glutes · Adductors · Tibialis

RECOVERY IS NOT OPTIONAL

Training creates the stimulus. Recovery creates the adaptation. Skipping this is like tacking without completing the maneuver — you started right, but lost everything at the end. **AFTER EVERY SESSION: 10–15 minutes. Non-negotiable.**

EXECUTION VIDEOS

Point your camera to the QR or click the link.



Recovery

▶ [youtu.be/](https://youtu.be/4djJR48I1LU)

[4djJR48I1LU](https://youtu.be/4djJR48I1LU)



The 4-Week Plan

Each week has a specific focus and progressive overload. The body only evolves when you give it time to adapt, and stress to adapt to.

Week 01

Adaptation

Focus on correct movements, posture, and breathing. Train light to moderate (60-70% max effort).

Week 02

Stabilization

Same exercises, slightly higher intensity. Total focus on stability.

Week 03

Overload

Body has assimilated the pattern. Add sets, reduce rest, increase cardio.

Week 04

Absorption

Reduce volume while maintaining technique and focus. Critical for absorbing stimulus.

"Training is about adjusting the sails, not waiting for the perfect wind."

TEAM FONTES

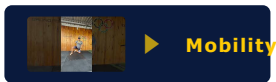
Monday

Hiking + Aerobic Intervals

MOBILITY

Bruno Fontes Routine

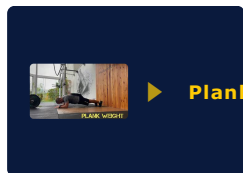
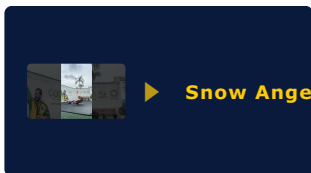
10:00



TABATA

Snow Angel × Plank ·
superset

4 × 0:20 / 0:10



HIKING CAPACITY

Interval: 10 rounds · 30s
hiking + 90s bike recovery ·
Bike RPE 3-5

10 rounds · 20 min



Each round: 30s dynamic hiking → 90s bike recovery. Bike: RPE 3-5 (active recovery, not passive rest).

RECOVERY

Bruno Fontes stretching

5:00



COACH NOTE

Tabata: alternate between 2 exercises until completing 8 rounds. Hiking Capacity: 30s dynamic hiking + 90s bike recovery at RPE 3-5, 10 rounds straight.

Tuesday

Long Aerobic · Zone 2

AEROBIC

Bike, rowing or running

40:00 · RPE 3



RECOVERY

Bruno Fontes stretching

5:00



COACH NOTE

In zone 2 with nasal breathing, the body uses fat as fuel, strengthens the aerobic system and increases cardiac and pulmonary efficiency. It's what sustains the 4th race like it's the 1st.

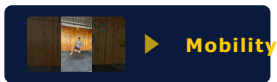
Wednesday

Functional Strength ·
EMOM Block

MOBILITY

Bruno Fontes Routine

10:00



EMOM BLOCK · 4 ROUNDS

Squat · Row · Lunge · V-up ·
Wall Sit March

20 min



RECOVERY

Bruno Fontes stretching

5:00



COACH NOTE

EMOM = Every Minute on the Minute. 20s work + 40s rest per movement. 1 round = 5 min, 4 rounds = 20 min.

Thursday

Intervals · Power Aerobic

WARM-UP

Easy bike

10:00 · RPE 3

INTERVALS 4 × 2

2:00 hard (RPE 8) + 3:00
easy (RPE 3)

20:00



COOL-DOWN

Easy bike

5:00 · RPE 3

RECOVERY

Bruno Fontes stretching

5:00



COACH NOTE

Intervals build VO_2 max, lactate tolerance, and fast-twitch fiber recruitment. This is the workout that creates the modern sailor: powerful, resilient, with absolute control.

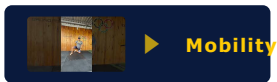
Friday

Isometric Hiking + Tabata

MOBILITY

Bruno Fontes Routine

10:00



TABATA

Weighted Plank

8 × 0:20 / 0:10



HIKING CAPACITY

Isometric hiking center + Bike
· Bike RPE 3-5

7 × 0:30 + 7 × 2:30



Each round: 30s isometric hiking (held position) → 2:30 bike recovery. Bike: RPE 3-5.

RECOVERY

Bruno Fontes stretching

5:00



COACH NOTE

Superset of 7 rounds: 30s isometric on bench + 2:30 on bike. End the week actually feeling the evolution.

UPWIND HIKING

01 UPWIND HIKING

02 RACE INTERVAL

03 SHORT & INTENSE

Endurance in movement.

Simulates race conditions. Hiking with dynamic trunk movement, continuous, just like an upwind leg. The goal is to last longer each session, not to move faster.

PHYSIOLOGY

From a physiological standpoint, this trains sport-specific aerobic muscle endurance. The continuous trunk movement demands constant activation of hip extensors, glutes, and lower back under progressive fatigue. The more you train this capacity, the lower the energy cost of holding correct position during a race.

BEGINNER

5 continuous minutes

INTERMEDIATE

8–10 continuous minutes

ADVANCED

+10 continuous minutes



► Upwind Hiking

youtu.be/1aN1VGGQscg

If you stopped before the target, that's your level today. Next session, add 30 seconds.



These 3 blocks train different aspects of champion hiking: endurance, position quality, and explosion. Master one level before advancing. Progression within the method is the goal.

RACE INTERVAL

01 UPWIND HIKING

02 RACE INTERVAL

03 SHORT & INTENSE

Isometric strength with quality.

Maintain perfect hiking position for as long as possible. If your form breaks: stop. This is not a survival workout. This is a quality-of-position workout.

PHYSIOLOGY

This protocol trains the ability to generate maximum isometric force repeatedly. The rest interval teaches muscles to recover quickly between sets, replicating the effort pattern of a real regatta: intense upwind legs with short recoveries between tacks. Position quality is the stopping criterion.

LEVEL 1

30s on / 30s off • 10–15 rounds

LEVEL 2

45s on / 45s off • 10–15 rounds

LEVEL 3

60s on / 60s off • 10–15 rounds



► Hiking Isometric

youtu.be/TNO4ur2OELc

What separates the levels is how long you hold correct position. Not total time under load.



These 3 blocks train different aspects of champion hiking: endurance, position quality, and explosion. Master one level before advancing. Progression within the method is the goal.

SHORT & INTENSE

01 UPWIND HIKING

02 RACE INTERVAL

03 **SHORT & INTENSE**

Maximum explosion.

Express isometric explosion. 5 minutes of maximum effort. Three progressive load levels. Pick one and go all in.

PHYSIOLOGY

Short high-intensity work recruits high-threshold motor units and trains the neuromuscular system to produce maximum force under accumulated fatigue. The load progression develops both power and strength endurance. Ideal for testing evolution or closing the training week.

NO WEIGHT**20s on / 10s off · 10 rounds****3-5 KG****20s on / 10s off · 10 rounds****10 KG****20s on / 10s off · 10 rounds**

► Hiking Isometric

youtu.be/TNO4ur2OELc

RPE 9-10 every round. If form breaks, reduce load. Never effort.



These 3 blocks train different aspects of champion hiking: endurance, position quality, and explosion. Master one level before advancing. Progression within the method is the goal.

FROM THE COACH

You're not in this alone.

This ebook is the skeleton. The muscle, you build by training. But if you want to skip the curve, if you want a plan built for *your* body, *your* class, *your* race calendar, I do that too.

I work with Olympic athletes from several nations. I work with sailors just starting out. I work with parents who want to train the child who fell in love with the Optimist.

WANT TO TALK?

Send me a message. I reply personally.

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▶ @brunofontesoficial

Coach Bruno Fontes





NEXT STEP

Want to train with me?

1:1 Coaching · Personal plan ·
Weekly check-ins

*"Send a message and tell me where
you want to go. I reply personally."*

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WE DON'T STOP

