



STOKED
SURF FITNESS

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About Me



Hi, I'm Talitha Drennan.

I'm passionate about sports and exercise science, physiotherapy, and surf coaching—combining these disciplines to help as many surfers as possible.

I grew up playing multiple sports, including football, basketball, and traditional Irish sports. My first experience with surfing came at 16 during a school trip, and I instantly fell in love with the ocean. While I had strong legs from years of sports, my upper body strength was lacking. I remember wondering how to train for surfing, but when I attempted push-ups, I failed miserably—they were simply too difficult.

Frequent football injuries led me to take a break, and during that time, I turned to surfing. After finishing secondary school, I pursued a **BSc in Sports & Exercise Science**, where I learned how the body works during exercise and how to create training programs to achieve specific goals.

After completing my studies, I became a certified surf instructor and started coaching—a role I absolutely loved. I coached in Wales, the UK, France, and the Canary Islands. It was during this time that I noticed a key difference in how men and women learn to surf. Many women struggled with upper body strength, making it harder to progress, yet they often didn't know where to start with training. This realisation was the turning point for me.

Determined to bridge the gap, I pursued further education, earning a **BSc in Physiotherapy** and an **MSc in Sports Rehabilitation**. During this period, I co-founded a successful injury and performance clinic with my partner, worked with professional and amateur sports teams, trained individual athletes, and gained experience in hospital settings.

Now, I'm excited to bring all my knowledge and experience together to help surfers—especially women—who want to train effectively but don't know how. My approach is grounded in **scientific principles**, incorporating injury prevention, mobility, and surf-specific performance, all based on **evidence-backed programming**.

This eBook is designed to give you a taste of what surf training can look like. I hope it inspires you to join our community and train with us on the app. I'm always open to feedback, so if you have any thoughts, I'd love to hear from you!

**See you in the water,
Talitha**

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Program Parameters

how to read your programme

#	Exercise	Sets	Reps	Weight	Tempo	Rest
1A	Pull Up	2	3	Band assisted	3-1-X-1	2 mins
1B	Split squat	3	5/side	Try 10-15kg	3-1-X-1	
2A	Dip	2	3	Band assisted	3-1-X-1	2 mins
2B	SL Bridge	3	5/side		3-1-X-1	

Rest, reps & Sets

Reps stand for repetitions or the the number of times you complete that movement. A set is described as the amount of rounds. For example you complete 3 pull ups, and you will complete this as a superset, then rest 2 minutes, then complete another set, totalling 2 sets for this exercise. Rest is the time, usually written in minutes or seconds which you take between your sets.

Tempo

This is the time in seconds each part of the movement will take you. For pull ups this is 3 - 1- X - 1. The first number represents the eccentric or lowering portion of the movement, the second number is at the bottom, the 'x' represents the concentric number which is when you pull up, X means eXplode, thus meaning take as little time as you physically are able to. The last digit is 1, which is the hold before the eccentric again. These numbers don't always match the position you start an exercise in, also depending on the exercise variation.

Supersets

You can see in the first column 1A and 1B, this means that the first two exercises are a superset. This means that you perform your pull ups and straight after complete your split squats, then you rest 2 minutes. Then you repeat another set as described above.

Frequency

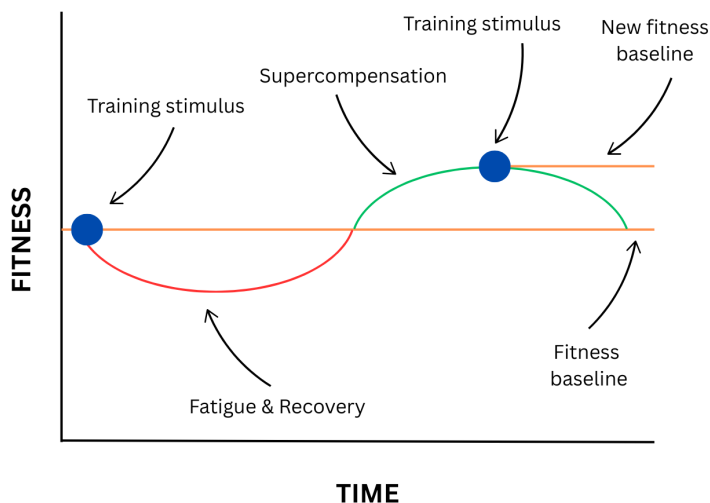
Example Week 1:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Training Day	Rest	Training Day	Rest	Training Day	Rest	Rest

Aim for x 2 -3 per week frequency for strength/cardio, if you are still sore from the workout, don't complete another one, you could go for a walk/light recovery swim for example, this is very normal when you first start. As you build more capacity, you will also recover faster.

Program Considerations

Super Compensation & Recovery



Training is a stressor. When we adequately stress our nervous system and have adequate rest, it results in what we call super compensation, ie. You get stronger, fitter, etc. So when we are doing the workout we are not getting stronger right then, it is what happens afterwards.

This is why training more is usually not better, as you can run yourself into the ground and are at higher risk of injuries and burning out. This is why rest days are so important. You may be wondering about how other stressors in your life may affect you, it does all come from the same bucket.

Quality recovery such as deep sleep, stress management, optimal nutrition will all contribute to filling that bucket up. Train hard, but recover harder.

Individualisation - importance of appropriate exercise progression

This is tricky within a resource like this. Ensuring you are completing the correct exercise variation is really important, again to develop good quality movement patterns and actually tax the targeted muscles. If you do an exercise which is too difficult, you will compensate as we as humans have this amazing ability. However, it is quite likely that you will develop some niggles and even injuries from this.

For example, its more beneficial for you to do the isometric pull up holds and not doing half range of motion reps of the pull up. There are too many variables to cover to explain the why in this eBook. However, our connective tissue takes 3 times as long to recover, therefore if you don't fancy a raging case of elbow tendonopathy, drop your ego and make sure you are hitting the form requirements on the exercises and meet yourself where you are at now and future you will thank yourself a million times over.

How to make the exercise easier:

- Use a thicker exercise band
- Reduce the hold time
- Take more rest in between sets

- Reduce the amount of repetitions
- Drop to an easier progression of that exercise

How to make the exercise harder:

- Use a lighter exercise band
- Increase the hold time
- Reduce rest time in between sets
- Increase reps
- Increase the exercise progression of that exercise

Progressive Overload, Periodisation & Progress

The principle of progressive overload, is that we must change exercise parameters, eg. Increase by one rep every session, to continuously provide stimulus to our body. If we did not do this and forever did 2 sets of 3 reps with no change in any other parameters, we will simply plateau. Therefore we need to plan out our exercise parameters over mesocycles (training weeks typically) to plan for success. There are many forms of periodisation, however a simplistic intensification works very well.

Program Structure

Warm Up

#	Exercise	Sets	Reps	Rest
A1	Inchworm into worlds greatest stretch	2-3	5/side	None
A2	Banded push		5	
A3	Banded pull		5	

Strength

#	Exercise	Sets	Reps	Weight	Tempo	Rest
B1	Pull Up variation	2	3	Band assisted	3-1-X-1	2 mins
B2	Split squat	3	5/side	Try 10-15kg	3-1-X-1	
C1	Dip variation	2	3	Band assisted	3-1-X-1	2 mins
C2	Side Lunge	3	5/side	Bodyweight	3-1-X-1	

Energy Systems development

#	Exercise	Sets	Reps	Rest
D1	Resistance band ski	3-5	60s	30-60s
D2	Elevated push ups		45s	
D3	Jump rope/ on spot		60s	
D4	Back extensions		45s	

Mobility

#	Exercise	Sets	Reps	Rest
E1	Lat Stretch	3	10-30s	
E2	Shoulder lift offs	3	5/side	
F	Hip 90-90s with hinge	2-3	5r/side	

Bonus: Aerobic Capacity Development

Machine

20 mins on each: static bike, rower and ski erg or assault bike at RPE 6 - 7 or 60-70% HR max

Swimming or board paddling

-Complete a 200m warm focusing on stroke/drills

- Endurance - swim 1,500 - 2,000m (if you need to break it into 500s etc that's ok), then rest 5 minutes and repeat x 2
- Speed - 20-25m x 10 max effort, resting 60s between sets
- Speed endurance 4-6 x 100m at moderate pace, rest 60s between sets
- cool down 100-200m easy cool down

Start with completing them separately, you may want to combine some of these.

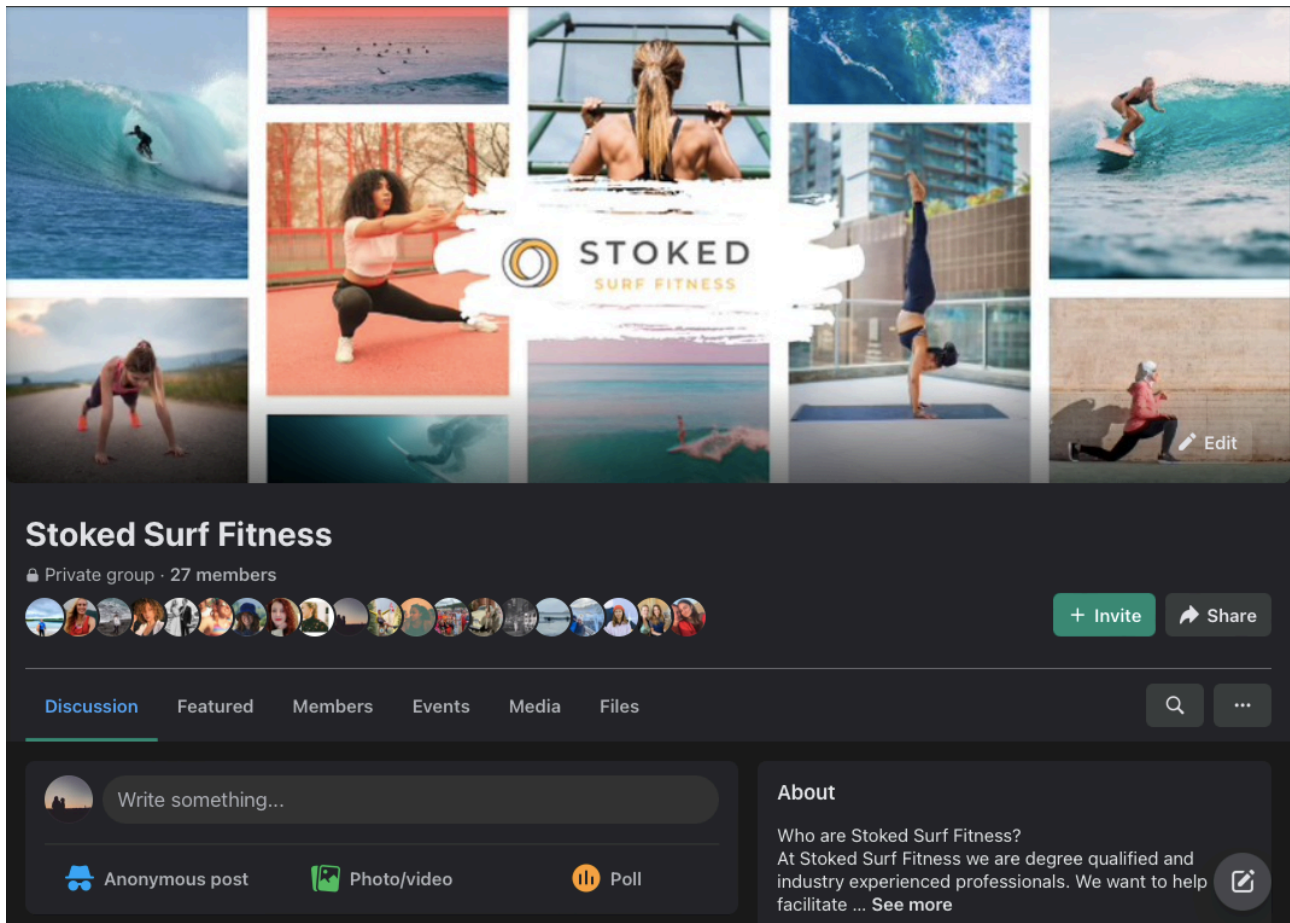
Running

You could try a couch to 5K program if you want to integrate running
20-60 minute runs at conversational pace

The World Health Organisation recommends these levels of physical activity which is dependant on your age. Surfing is demanding on all our energy systems, but requires a lot of aerobic energy system contribution, therefore developing endurance or your aerobic capacity is also an important piece of the puzzle.

Questions?

Please join our private Facebook community where you can ask any questions and can also meet more like minded people who are completing this challenge, why not team up with a buddy to increase your accountability?



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