

	Description	Work Out Time	Rest In between Cycles
Tabata 1	Riposte Distance Warmup	0:04:00	0:01:40
Cycle 1	Hit	0:00:30	0:00:10
Cycle 2	(Lunge Distance) Step+hit	0:00:30	0:00:10
Cycle 3	(Lunge Distance) Lunge	0:00:30	0:00:10
Cycle 4	(Step Lunge Distance) Step lunge	0:00:30	0:00:10
Cycle 5	Step back, step forward+hit	0:00:30	0:00:10
Cycle 6	Step back, lunge, recover backwards, step forward+hit	0:00:30	0:00:10
Cycle 7	(Own distance) Step forward, step forward, lunge + hit, recover backwards reset to start	0:00:30	0:00:10
Cycle 8	Hit all four targets, 6, 4, 7 and 8 in sequence	0:00:30	0:00:30
Tabata 2	Parry 4 and 6 practice	0:04:00	0:01:40
Cycle 1	4 riposte	0:00:30	0:00:10
Cycle 2	4+step back, riposte+step in	0:00:30	0:00:10
Cycle 3	4+step back, riposte+lunge	0:00:30	0:00:10
Cycle 4	4 riposte, 4+step back, riposte+lunge	0:00:30	0:00:10
Cycle 5	6 riposte	0:00:30	0:00:10
Cycle 6	6+step back, riposte+step in	0:00:30	0:00:10
Cycle 7	6+step back, riposte+lunge	0:00:30	0:00:10
Cycle 8	6 riposte, 6+step back, riposte+lunge	0:00:30	0:00:30
Tabata 3	Parry 7 and 8 practice	0:04:00	0:01:40
Cycle 1	7 riposte	0:00:30	0:00:10
Cycle 2	7+step back, riposte+step in	0:00:30	0:00:10
Cycle 3	7+step back, riposte+lunge	0:00:30	0:00:10
Cycle 4	7 riposte, 7+step back, riposte+lunge	0:00:30	0:00:10
Cycle 5	8 riposte	0:00:30	0:00:10
Cycle 6	8+step back, riposte+step in	0:00:30	0:00:10
Cycle 7	8+step back, riposte+lunge	0:00:30	0:00:10
Cycle 8	8 riposte, 8+step back, riposte+lunge	0:00:30	0:00:30
Tabata 4	Parry 4 and 6 successive parry practice	0:04:00	0:01:40
Cycle 1	4,6 riposte	0:00:30	0:00:10
Cycle 2	4+step back, 6 riposte+step in	0:00:30	0:00:10
Cycle 3	4+step back, 6 riposte+lunge	0:00:30	0:00:10
Cycle 4	4 riposte, 6 riposte, 4+step back, riposte+lunge	0:00:30	0:00:10
Cycle 5	6,4 riposte	0:00:30	0:00:10
Cycle 6	6+step back, 4 riposte+step in	0:00:30	0:00:10
Cycle 7	6+step back, 4 riposte+lunge	0:00:30	0:00:10
Cycle 8	6 riposte, 4 riposte, 6+step back, riposte+lunge	0:00:30	0:00:30
Tabata 5	Parry 7 and 8 successive parry practice	0:04:00	0:01:10
Cycle 1	7,8 riposte	0:00:30	0:00:10
Cycle 2	7+step back, 8 riposte+step in	0:00:30	0:00:10
Cycle 3	7+step back, 8 riposte+lunge	0:00:30	0:00:10
Cycle 4	7 riposte, 8 riposte, 7+step back, riposte+lunge	0:00:30	0:00:10
Cycle 5	8,7 riposte	0:00:30	0:00:10
Cycle 6	8+step back, 7 riposte+step in	0:00:30	0:00:10
Cycle 7	8+step back, 7 riposte+lunge	0:00:30	0:00:10
Cycle 8	8 riposte, 7 riposte, 8+step back, riposte+lunge	0:00:30	0:00:00
BREAK	VICTORY - Total times ->	0:20:00	0:07:50

Guide on use

This fencing tabata workout has been put together to provide you with a structured approach to training at home with a suitable target. The following workout can be customised into any tabatta timing applications or can be printed as a reference guide using a stopwatch or alarm.

The central aim is 30 seconds of work per cycle with a 10 second break. The gap between Cycle 8 and Cycle 1 of the following tabata is 30 seconds.

The orange sections provide a high level overview of what the tabata is covering with the 8 cycles providing further detail in each one.

This workout focuses on mechanics and requires basic knowledge of footwork, distance and the following parries (4,6,7 & 8) for Foil and Epee. This is aimed at practicing basic techniques and strengthening the body to perform these actions.

Unless otherwise stated in the description start from riposte distance from your target and reset to this distance at the end of each repetition.

Where you see the + instruction this is to be read as taking both actions together e.g 'step back+4' means to take a step back and parry 4 at the same time.

Riposte is always with a hit to the target
Lunge is always with a hit to the target

You can increase the intensity of these workouts by increasing the speed of each repetition.