

TRIP PREP

6-WEEK SURF PERFORMANCE PROGRAM

SURF WELL. LIVE BETTER.

TO YOUR NEXT LEVEL.

A progressive 6-week training system built on the same regimen that powered Luke Stedman's elite WSL career – now available to every surfer ready to level up. This program focuses on trip readiness to help surfers make the most out of their next surf trip.

STRENGTH · MOBILITY · MINDSET · PERFORMANCE



WEEK 1
FOUNDATION



WEEK 2
BUILDING



WEEK 3
ELEVATING



WEEK 4
ELEVATING



WEEK 5
PEAK



WEEK 6
WIND DOWN

MADE FOR SURF. BUILT FOR LIFE.

01

MOVEMENTS

Every movement is inspired by real surf mechanics – paddling, pop-up, compression and extension for speed, and the rotation and weight-shifting of every turn. No fluff, just mechanics that translate directly to the water.

02

WORKOUTS

Bodyweight-first sessions combining strength, aerobic conditioning, agility and active recovery. Minimal equipment required. Works anywhere – home, hotel, beach. Every session can be scaled to push without breaking you.

03

MINDSET

Each program includes dedicated mindset sessions. Proven insights from the highest levels of competitive surfing that are extensible to all surfers in and out of the water.

THE DIFFERENCE MAKERS

BUILT FOR SURF

SURF SPECIFIC TRAINING AND RECOVERY

Movements that mimic surf mechanics, session inspired workouts, and guided recoveries for long days in the water. Everything about Trip Prep is intentional.

TRAIN ANYWHERE

NO GYM REQUIRED

Most sessions require zero equipment. Access the full program on the Blackball web or mobile app, online or offline – at home, on the road, or at the beach.

REAL COACHING

DIRECT FROM THE PRO

Chatbots don't surf. Get real guidance from ex-WSL pro Luke Stedman – tailored to your goals, from someone who actually rips.

COMMUNITY

JOIN OTHER TRIP PREPPERS

Train with your friends and other frothers gearing up for trips around the world.

"I train every day at home, but after three days of surfing 5 hours a day on my last trip, I was broken. So many waves, but I wasn't prepared. Fortunately, Luke was onboard and had me dialed through several Blackball active recoveries. Now I've incorporated workouts into my daily routine. I'll always prep for trips now."

THE 6-WEEK JOURNEY



WEEK 1

FOUNDATION

FOCUS: ESTABLISHING BASE · LEARNING MOVEMENTS

We establish your baseline. Workouts are not overly complex but focus on endurance, unlock joint mobility, and build the postural control that underpins every movement in the water. Mindset sessions focus on useful progression tools like visualization and journaling.

★ 1:1 COACHING KICKOFF SESSION



WEEK 2

BUILDING

FOCUS: SHORTER INTENSITY · PROGRESSION HACKS · PADDLE & POP MECHANICS

Some of the mobility patterns will start to feel familiar. We shift to shorter, intense circuits with the workouts. This week targets a combo of push/pull muscles and aerobic engine that keep you in the line-up longer and help you scratch into more sets. Mindset sessions focus on small progression hacks.



WEEK 3

ELEVATING

FOCUS: ENDURANCE BUILDING · GUIDED RECOVERY

Starting the climb into longer workouts to build endurance with correct form. Mindset sessions focus on active recovery for common problem areas like the neck, shoulders, and lower back.

★ 1:1 COACHING CHECK-IN WITH LUKE



WEEK 4

ELEVATING

FOCUS: ELEVATED OUTPUT

We take it up a notch while celebrating several weeks of consistent training. This program is about building the habits that travel with you on your trip and beyond. Workouts this week are a bit harder but not overly complex, allowing focus on the movements.

★ SPECIAL SERIES: MANAGING JET LAG



WEEK 5

PEAK

FOCUS: MAX OUTPUT · AEROBIC CAPACITY

Training peaks. We begin to work through the previous eight workouts. With enough variety but no new workouts to learn, weeks five and six are about going all out. More rounds, reps, less rest, more effort. Mindset focus is on recovery and wellness hacks for travel.



WEEK 6

WIND DOWN

FOCUS: MAX OUTPUT FULL · TRAVEL MINDSET

Finishing up hard on workouts and recoveries. We focus on gratitude and celebrate the training journey. Mindset sessions target useful mental adjustments heading into your trip.

★ 1:1 COACHING CHECK-OUT WITH LUKE

SURF WELL. LIVE BETTER.



LUKE STEDMAN

FOUNDER · EX-WSL COMPETITOR · HEAD COACH

Luke built Blackball on the same land-based training system that fuelled his elite professional career. Every session, every movement, every mindset insight comes from real experience at the highest level of competitive surfing.

WHY YOU'LL WANT TO PREP

- 6 weeks of progressive workouts
- Dedicated breath & recovery sessions
- Works anywhere — minimal to no equipment needed
- Scalable for all surf levels
- Surf-specific strength & mobility training
- Variable video workout formats and tutorials every movement
- Web & iOS app with offline access
- Personalized 1-on-1 coaching with Luke

Get ready to rip on your next trip. Train with us, build habits, elevate your surfing, and your wellness. Join Blackball's Trip Prep program and start your 6-week transformation today. Available now on the web and iOS.

[START THE PROGRAM](#)

[DOWNLOAD THE APP](#)