

BASIC YEARLY TRAINING PROGRAM

Like any program, this is not magic. All programs are dependent on your age, level of paddling, physical level of development, and your goals for the upcoming season. Your improvement will correlate closely with the amount of FOCUS, curiosity, and interest you bring to each and every workout. Become a student of the sport!!! It is best for you learn how to build and participate in making training plans and creating your goals.

Breaking the year up into months or blocks is a good way to keep everything in perspective. ALL PERIODS DEMAND GOOD TECHNIQUE WORK!!!! Practice does not make perfect. PERFECT PRACTICE MAKES PERFECT.

- REST PERIOD. Starts at the end of the season, and lasts from 4 weeks to 2 months, depending on the amount of burnout from the racing season.
- BASE BUILDING. Starts at the end of the Rest Period and transitions 4 to 5 months before the BIG RACE
- PREP FOR RACE. Starts 3 to 4 months before the BIG RACE and transitions a month or so before.
- PRE—COMPETITIVE/COMPETITIVE PERIOD.
- PEAKING. The last 3 weeks leading into the BIG RACE.
- COMPETITIVE SEASON. Summer months.

REST PERIOD—Sept.1-Sept.30

After the end of the racing season, you need some time off. Fill in this time with activities you missed out on because of your racing and training. So you won't harbor resentments against paddling. Try to keep in shape though, by doing lots of out-of-the-boat workouts, and sports. No paddling though. The only exception is river running, if you are really psyched about it. THIS IS THE MOST IMPORTANT TIME OF THE YEAR!!! I WANT YOU EXCITED TO PADDLE AND TRAIN, IF YOU ARE NOT, THEN GET OUT OF YOUR BOAT TILL YOU ARE.

BASE BUILDING—Oct.1 to Jan 1st

Gradually work into this schedule by taking 3 full days off/week the first two weeks or so, then 2 days off each week, so that after a month, you are on the full schedule. Easing back into training after a break helps reduce the chance of injury. This period is heavy on endurance and technique. For our purposes the tech work will be coached and YOU will be responsible for most of the endurance work. Flat water work and white water work is equally important during this time. We do not need to be doing lots of full length race work outs. Time in the boat doing quality tech is most important. Distance work in a wild water boat is best, but can also be done in a slalom boat!

PREP FOR RACE—Jan 1st till some time in March

Tech is still the focus and will always be the norm. At this time we begin to ease back on the endurance work 1 to 3 of those work outs per week and begin to replace them with more speed work and lactic work.

PRE COMPETITIVE/COMPETITIVE PERIOD

We begin to load more on the lactic/speed/Full length work. TECHNIQUE again!!!! We still need endurance work but again we drop back a bit on this.

PEAKING

As we get close to the big race, SMART PADDLING AND SMART TRAINING. A week of heavy lactic work and then time off, not beating yourself up the week before, so you are physically and MENTALLY ready.

COMPETITIVE SEASON

Keeping yourself physically fit and mentally sharp. Most seasons there is time for a second peak at another big race!

I like to have "prescribed" rest incorporated in training plans. Remember it is not the paddler that trains the most, it is the paddler who trains hard and smart. A **4-week cycle** is what we will do.

- Easy week
- Med week
- Hard week
- Recovery week

There are lots of ways to accomplish this. You can identify "zones" to train in or training "phases". Set up a prescribed rest week with in your training. This will hopefully keep you healthy!!!!

TRAINING LOGS!!!!!!!!!!!!

This is very important, you need to keep track of what you are doing, time in the boat, what penalties you had, your resting heart rate, sleep patterns and weight, etc.

FUEL!!!!!!!!!!!!

What you put in is a direct correlation to what comes out!!!!!!!!!! Literally!!! Eating like crap will make you feel like crap. Simple. There are thousands of nutrition plans for athletes, I have some and I know other coaches have some as well!!!.

FOUR-WEEK TRAINING CYCLE

EASY WEEK

Monday

- AM: Weights/core/stretch
- PM: 10 sprints, 40-minute paddle in wildwater boat, 60% of max

Tuesday

- AM: Loops, 3 x 10, 2-minute rest, flat water or easy moving water—this can also be done as a 40-minute run or bike ride.
- PM: Tech on moving water

Wednesday

- AM: Weights/core/stretch
- PM: 10 sprints with Tech and full stroke drills

Thursday

- AM: 20-minute upstream and back paddle from the turn to the bottom of the gates backwards
- PM: 10 sprints, Tech with video.

Friday

- AM: Weights/core/stretch
- PM: Long loops on flat water, easy course only, 2 ups , 2 x 20 minutes, 4-minute rest

Saturday and Sunday ---off

MEDIUM WEEK

Monday:

- AM: Weights/core/stretch
- PM: Tech on moving water

Tuesday

- AM: Distance paddle in WW boats , 40 minutes, 60% of max.
- PM: Tech on Moving water

Wednesday:

- AM: Weights/core/stretch
- PM: Loops on moving water 3 x 10, 1-minute rest.

Thursday

- AM: Off
- PM: Tech shorts, timed

Friday

- AM: Weights/core/stretch
- PM: 60's—6 to 8 runs, timed, white water when water levels are good

Saturday: Off

Sunday:

- AM: Off
- PM: 40-minute run with stretching

HARD WEEK

Monday

- AM: Weights/core/stretch
- PM: Distance paddle, 10 minutes on 1 minute off x3, WW boats

Tuesday

- AM: Swim 5 lengths, rest for 1 minute x6
- PM: Shorts, timed

Wednesday

- AM: Weights/core/stretch
- PM: 60's, white water

Thursday

AM: Pyramid loops

PM: Shorts, timed

Friday

- AM: Weights/core/stretch
- PM: Power aerobics 45 seconds on, 2:15 loop, 3 sets of six

Saturday—off

Sunday

- AM: 3 x 3 x 3
- PM: off

RECOVERY WEEK

Monday—Weights/core/stretch

Tuesday—Long distance cruise, 40 minutes

Wednesday—Weights/core/stretch

Thursday—Long loops, 2 x 25, easy course

Friday

- AM: Weights/core/stretch
- PM: Tech and stroke drills

Saturday--off

Sunday--off