

## **Week 2: Session 7**

**Session Overview:** 4 \* 500m

**.Session Goals:** Work on the “Catch” of the forward stroke

**Session Description:** Wow, great work, two weeks in already. We're sure you can already feel and see huge improvements in your paddling. Any zig zagging should have massively reduced at this stage and you should be starting to feel more comfortable in controlling the boat. In this session we are going to try complete our first journey. Remember it's not about how fast you go, it's about trying to focus on the technique, remembering to breath, relax and enjoy the beautiful stretches of waterway that this training session is going to bring you to. In this session we are also going to progress from the “Set Up” phase of the forward stroke to the “Catch” phase. You can remind yourself about the “Set Up” technique by having a glance at the notes from session 4.

### **Session Timeline:**

- 1) Gear up and get on water (5 mins)
- 2) On-water warm-up: 4 x 100m focusing on the catch (10 mins)
- 3) Session: 4 x 500m slow, focus on keeping the boat straight, Set Up and Catch (40 mins)
- 4) Off the water & put gear away (5 mins)

### **Technical Notes: Forward Stroke “Catch”**

- Right side Catch: We'll start from the position of the forward stroke “Set up”, covered in Session 4.
- Keep your right shoulder forwards and left shoulder back through out the catch phase, like in the rotation exercises.
- Drive your right hand down and to the right to submerge the right blade in the water.
- Your left hand will move forward and to the right slightly to achieve this, try to keep your left elbow bent at 90° throughout the catch phase.
- It is important to try to keep your right shoulder forward and left shoulder back until the paddle is fully planted in the water.
- Once again don't worry about the rest of the stroke, once the blade is planted in the water do what comes naturally. Do your best to get a good set up and catch at the start of every stroke in this session.
- Do the opposite to “Catch” on the left side.

