

Blueway 10K Training Programme



Week 1 Training Programme





Week 1

Welcome to Blueway 10K and congratulations on setting a fantastic goal for the summer, to complete a Blueway 10k paddling event on the 20th August near you. Hopefully the club or provider you registered with has let you know when and where to meet for your Blueway 10K sessions. To get started you just need to turn up in some regular workout clothes and bring some spare clothes and a towel in case you get a little wet. Your club or provider will provide you with the rest, a boat, paddle and buoyancy aid.

If you have limited experience we suggest you complete the programme with a Club or provider, you can find a list of participating Blueway 10K clubs and providers at www.canoe.ie/blueway10k. Remember that the Blueway 10K is a flat water programme and shouldn't be completed in rough water conditions.

In this first week we will be starting with the fundamentals, looking at the equipment you will be using during your Blueway 10K programme and how to use that equipment to transport you around the water as efficiently as possible. This will be a great opportunity for those who not done much paddling before learn the basics while giving the more experienced of you a chance to recap the fundamentals.

This week we'll be focusing lots on turning. It might sound paradoxical, but if you want to learn to paddle straight you first have to learn to paddle crooked! Mastering the ability to turn allows you to easily correct your course, so we will spend time looking at the turning stroke, called the sweep stroke. If you are zig zagging don't let it frustrate you, everybody starts like this.

This week we will also show you how to stop your boat and how to move it backwards if you need to. Towards the end of the last hour we are going to practice the capsize drill, this is the only session where we'll be asking you to get wet. Even if you have already capsized this is a great opportunity to practice the capsize drill so you are 100% confident in the procedure and can paddle safely on the water.

Hopefully by the end of the week you will feel some improvements in your boat control and will be getting your head around how the boat works, although, you probably won't be going straight as an arrow just yet. Don't worry it will come....trust me I was exactly where you are once.

In this first week please try to bring a bottle of water to your training sessions so that you remain well hydrated. Remember to take your time, don't worry about how fast you're going, just focus on your technique and have fun!



Week 1 - Hour 1

Session Goals

- a) Familiarise yourself with the equipment
- b) Learn to use the equipment
- c) Explore boat movement & paddling fundamentals
- d) Paddle 50m 12 times with a turn

Session Set Up

- Set up one 25m and one 50m marker

Intro

- 1) Intro to group & coach, review session goals (5 mins)
- 2) Gear up & explanation of equipment use; Buoyancy Aid, Boat, Paddle (10 mins)

Warm Up

- 3) Land-Based: Practice paddle motion how to move boat forwards and turn (5 mins)
- 4) Land-Based: Try getting in and out of boat, adjust foot plate/bar, and practice dry land capsize drill (5 mins)
- 5) Get on Water (5 mins)
- 6) Water-Based: Free play on the water to explore boat movement (5 mins)

Main Set

- 7) 12 x 50m with turn at 50m marker, break after every 100m (15 mins)

Cool Down

- 8) Move the boat without paddles, using hands, 4 x 25m, race on last leg (5 mins)

Wrap Up

- 9) Off the water & put gear away (5 mins)



Week 1 - Hour 1 - Technical Notes:

Getting in and out of the boat

First off make sure your kayak is a good fit. Try sitting in the boat on a grass or soft surface first. Adjust your foot plate/bar so that you have good pressure on your feet when you are sitting in the boat. Different model foot rests adjust in different ways so if you are unsure how to adjust your foot rest don't hesitate to ask an instructor or coach for some help.

To get into a kayak place the boat into the water, put one hand on the front centre of the cockpit rim and the other hand firmly on the bank. Now gently step into the boat, with both feet just in front of the seat, slowly sit down onto the seat and slide your feet into the boat. If your kayak has a deck to cover your legs, shift your knees out to the side of the boat under the deck.

Sit on tops, open canoes and stand up paddle boards are almost the same, if you are unsure ask your instructor or coach for some advice. Make sure you keep one hand on the bank when getting onto or into your craft.

Forward Stroke – The Basics

Orienting the Paddle

Your paddle is made up of two blades and a shaft which connects them. Your paddle should have a slightly scooped shape, a bit like a giant spoon. The scoop should face you so you can spoon the water towards you as you paddle forwards. If the blades are asymmetric, meaning the top and bottom of the blade is a different length, then the long side of the paddle should be oriented to be at the top.

Hand Position

To hold the paddle in the right place, put the centre of the paddle shaft on your head and reach up with both hands so you have a 90° bend in each elbow. Your hands are now in the correct position. Don't forget to check this every once in a while as it is easy for them to drift.

Knuckle alignment

Hold the paddle with your right hand a few inches from the right blade. Align your knuckles with the top edge of the blade. Your right hand remains tight and glued to the paddle in this position. To paddle on the right just plant the blade and pull, however to paddle on the left you will have to twist the paddle with your right wrist, as if accelerating on a motorbike, and let it slip through your left hand to align the knuckles

on your left hand with the top of the left blade before gripping the paddle shaft, planting the blade and pulling on your left side. It might sound complicated but it's easy as pie once you get out there. Remember the rhyme, righty tighty, lefty loosey, right hand tight, left hand loose.

Moving the Boat

For this first session remember, a paddle is like a big stick with a giant hand on each end. Use the paddles like giant hands to pull and push yourself around on the water.

You will most likely find that the boat isn't traveling in a straight line, don't worry about this it is perfectly normal and takes a bit of time to overcome.

Try to sit/stand up straight, look at your destination and travel slowly for now. Try to focus and learn what is happening every time you pull on the water with your paddle.

Take your time, take a deep breath, and remember to move slowly. My father always said the slower you do something the better you'll get at it. Notice that when you paddle forwards on the right the boat will go left and vice versa.



Remember to enjoy your first week and make the most of being outdoors, having fun and getting fit.



Week 1 – Hour 2

Session Goals

- a) How to turn using sweep strokes and leaning/edging.
- b) Complete 4 x 360° turns, 4 times.
- c) Paddle 2 x 500m in zig zags

Session Set Up

- Identify a 500m marker

Intro

- 1) Gear up, review session goals and get on water (5 mins)

Warm Up

- 2) Water-based: Rotation stretch in boat, 4 on each side, see notes (5 mins)

Main Set

- 3) Introduce Sweep Stroke (5 mins)
- 4) Sweep stroke session 4 x 360° on each side with 1 minute rest (5 mins)
- 5) Introduction to leaning/edging (5 mins)
- 6) 2 x 500m zig zags, follow the leader zig zag snake with 40 turns (20 mins)

Cool Down

- 7) Move the boat without paddles, using hands, 4 x 360° turns (5 mins)

Wrap Up

- 8) Off the water & put gear away (5 mins)

Week 1 - Hour 2 - Technical Notes:

Rotation Stretch

- Place right blade on the left side of the boat, over the left knee, and rotate to look behind you, repeat on opposite side.

Sweep Stroke

- Right Sweep Stroke: Start by rotating your trunk to bring your right shoulder forwards and left shoulder back, like the rotation stretch.
- Keep your right arm straight and plant your right blade fully in the water as far forwards as you can, while sitting upright.
- Keep your left hand around the level of your heart and close to your chest, keep your left elbow bent at 90°
- Keeping your right arm straight and your left arm bent unwind the trunk rotation, bring your right shoulder back and left shoulder forwards, keeping the paddle in the water and allowing it to travel as far from the boat as possible.
- The further out you can reach the more turning power you get in the stroke
- Start slow and slowly speed up, focus on technique not speed.

Leaning and Edging

- Sit up straight and relax, keep your head in the centre of the boat for this exercise.
- Lift one glute (bum cheek) off the seat of the boat, as if there was a thumb tack on that side of the seat. The boat will lean slightly for you.
- Use this technique to lean slightly into your turns in the zig zags.



Don't forget to check the training videos at www.canoe.ie/blueway10k for extra advice



Week 1 – Hour 3

Session Goals

- a) Learn to paddling backwards
- b) Learn to stop
- c) Complete a 100m Figure of 8 2 turns, 10 times
- d) Complete a capsize drill

Session Set Up

- Set up a 0m, 25m & 50m marker to create figure of 8 loop.
- Bag of 12 sponges

Intro

- 1) Review Session Goals (2 mins)
- 2) Gear up and get on water (5 mins)

Warm Up

- 3) Water Based: Introduce and practice backwards paddling (4 mins)
- 4) Water Based: Introduce and practice stopping (4 mins)

Main Set

- 5) 5 x 100m figure of 8 loop (10 mins)
- 6) Rest & Individual feedback on sweep strokes & turning (5 mins)
- 7) 5 x 100m figure of 8 loop (10 mins)

Cool Down

- 8) Game of soggy sponge (5 mins)
- 9) Capsize drill (10 mins)

Wrap Up

- 10) Off the water & put gear away (5 mins)

Week 1 - Hour 3 - Technical Notes:

Backwards Paddling

- Paddling backwards, is just the reverse of paddling forwards. Put the paddle in at your hip and push it towards your feet. Note you don't need to twist the paddle face around, so keep the scoop of the spoon facing toward you.

Stopping

- To stop you plant the paddle in the water at around knee level on each side, you must alternate quickly between the left and right side with quick sharp reverse strokes. And again note that you don't need to twist the paddle face around, so keep the scoop of the spoon facing toward you.

Soggy Sponge

- Soggy sponge is a very simple game of tag
- If you are hit with a sponge you are on and you must hit someone else with a sponge.
- There are usually a dozen or so sponges in the game.
- The instructor or coach is on to begin and hits students with the sponges to tag them to get the game started.



Capsize drill

- The capsize drill is very straightforward, people fall out of kayaks and canoes everyday so there is nothing to worry about. Just relax, take it slowly and you'll be out before you can say Blueway 10K.
- You can leave your paddle in the water next to you.

The procedure for a kayak is as follows

1. For your first capsize put your hands on your kayak by your hips as if you were going to try lift your bum out of the seat.
 2. Take a deep breath and gently overturn your kayak.
 3. Once upside down relax your legs and bring your knees together.
 4. With your hands on the kayak by your hips push the kayak off you.
 5. Allow the buoyancy aid to bring you to the surface and smile
- Once in the water next to your boat, turn it quickly back the right way up and grab it by one of its ends with one hand and your paddle with the other.
 - Lie on your back and kick yourself back to the nearest safe and accessible place on the bank.
 - Clamber out with your paddle and pull your boat out behind you, you might need some help from a friend as they can be heavy if full of water.
 - If you haven't completed a capsize drill before your coach/instructor will run through the exact technique with you before you go over.

For a Sit on Top or Canoe is it much more straightforward as you will just fall off or out of the boat as it capsizes.

