

Blueway 10K Training Programme



Week 3 Training Programme





Week 3

Well done, you now two weeks down! You should be starting to feel a bit more confident in the boat and getting better at controlling when and where the boat turns. This week 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 to.

We will progress from the "Set Up" of the forward stroke to the "Catch". You can remind yourself about the Set Up technique by having a glance at the notes from week 2, hour 4.

In this week we are going to really get our turns down so that our forward paddling becomes even more effortless. To do this we are going to try one paddlesports greatest disciplines, Canoe Slalom. You might have seen Eoin Rheinisch paddling for Ireland in Canoe Slalom on TV at the Olympic Games, don't worry we're not going be heading down rapids but we are going to practice our turning skills in a similar manner to the slalom athletes.

At the end of this week will be your first opportunity to get a quantitative measure of your paddling ability and set a bench mark for your future progress by completing your first 1000m time trial. Don't worry too much about the time trial. This is just to set a baseline for you to develop from. You will complete another two 1000 time trials in week 6 and week 9 of the Blueway 10K programme.

This week be sure to drink plenty of water before, during and after your session, staying hydrated will help your body perform optimally.



Week 3 - Hour 7

Session Goals

- a) Learn forward stroke the “Catch”.
- b) Complete 5 x 5 minutes steady paddling with a turn and 1 minute rest.

Session Set Up

- None required

Intro

- 1) Review session goals & gear up (5 mins)

Warm Up

- 2) Land-Based: Practice “Catch” movement on land, alternate both sides, starting slowly to get technique right and gradually speeding up, see notes (5 mins)
- 3) Get on water (5 mins)
- 4) Water Based: Practice “Catch” movement on water, alternate both sides, starting slowly to get technique right and gradually speeding up, see notes (5 mins)

Main Set

- 5) 5 x 5 minutes paddling with turn and 1 minute rest. Traveling slowly, focus on Catch and keeping the boat straight. (30 mins)

Cool Down

- 1) Water Based: Paddle backwards, 5 x 1 minute with turn (5 mins)

Wrap Up

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

Week 3 - Hour 7 - Technical Notes:

Forward Stroke “Catch”

- Right side Catch: Start from the position of the forward stroke “Set up”.
- It is very important to keep you right shoulder forwards and left shoulder back throughout 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 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.



Example of the “Catch” Phase in action at a world championships, note how the blade has made contact with the water but the paddlers shoulders have not moved yet.



Week 3 - Hour 8

Session Goals

- a) Consolidate turning
- b) Complete Simple Slalom Course

Session Set Up

- Set up simple slalom course using gates, buoys, balloons or bank markers.

Intro

- 1) Review session goals, gear up and get on water (5 mins)

Warm Up

- 2) Water-Based: 4 x 360° turn in each direction forward sweep only (5 mins)
- 3) Water-Based: 4 x 360° turn in each direction reverse stroke only (5 mins)
- 4) Water-Based: 4 x 360° turn in each direction combined forward & reverse sweep (5 mins)

Main Set

- 5) Explain slalom course and try it once (5 mins)
- 6) 5 x 100m slalom course (20 mins)

Cool Down

- 7) Water Based: Rotation exercise in boat, 8 x each side (5 mins)

Wrap Up

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



Week 3 - Hour 8 - Technical Notes:

Slalom Course

- Slalom gates are not required for this exercise, floats or balloons with weights in the water will suffice. If not possible just turn positions can be used.
- The course should be laid out to simulate paddler's zig zagging down a channel approximately 15-20 metres wide. At every turn the paddler will turn as if negotiating an upstream gate. So if travelling towards the left bank the paddler will turn 270° to the left, directing them back towards the right bank where they will repeat a 270° turn to the right to head back towards the left.]
- There should be a total of 6 turns over the 100 metres.
- Upon reaching the bottom of the 100 metres, paddlers should paddle back up slowly and then go again.
- Start off slowly and gradually build up your speed, your last run should be your fastest.

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.



Week 3 - Hour 9

Session Goals

- a) Complete standard land based warm up routine
- b) Complete standard water based warm up routine
- c) Complete standard water based cool down routine
- d) Complete standard land based cool down routine
- e) Gain race experience
- f) Complete 1000m time-trial
- g) Set the fastest possible time over 1000m

Session Set Up

- Set up a 1000 metre marker
- Stop watch and something to note times with

Intro

- 1) Review session goals & gear up (5 mins)

Warm Up

- 2) Standard Land Based Warm up routine, see notes (5 mins)
- 3) Get on water
- 4) Standard Water-Based Warm up routine, see notes (10 mins)

Main Set

- 5) 1000m time-trial

Cool Down

- 6) Standard Water-Based cool down routine, see notes (10 mins)
- 7) Off the water (5 mins)
- 8) Standard Water-Based stretches, see notes (5 mins)

Wrap Up

- 9) Put gear away (5 mins)

Week 3 - Hour 9 - Technical Notes:

1000m Time Trial

- Don't worry too much about the time trial. This is just to set a baseline for you to develop from. You will complete another two 1000 time trials during the Blueway 10K programme.
- During your warm up focus on paddling slowly and practicing your technique.
- During the time trial try to stay relaxed, remember to breathe deeply and stay focused on your technique, especially the “set up” and “catch before each stroke.

Standard Land Based Warm-Up Routine 1

- Complete these 10 exercises in a dynamic programme
- Move through the full range of movement
- Repeat each movement 10 times.
- Focus on the neck, shoulders, arms and trunk/back

Neck

- Side Tilts



- Neck rotation

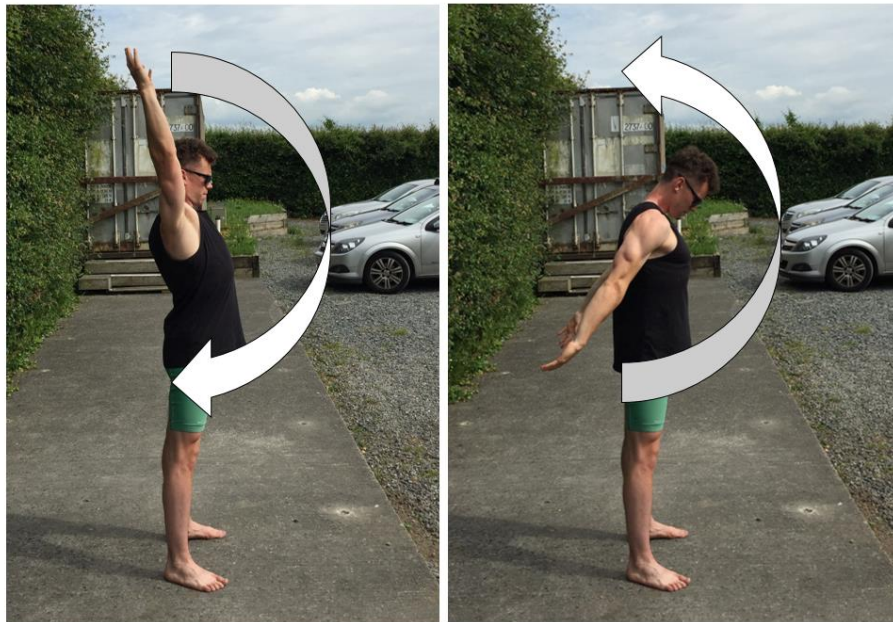


- Forward tilt



Shoulders and arms

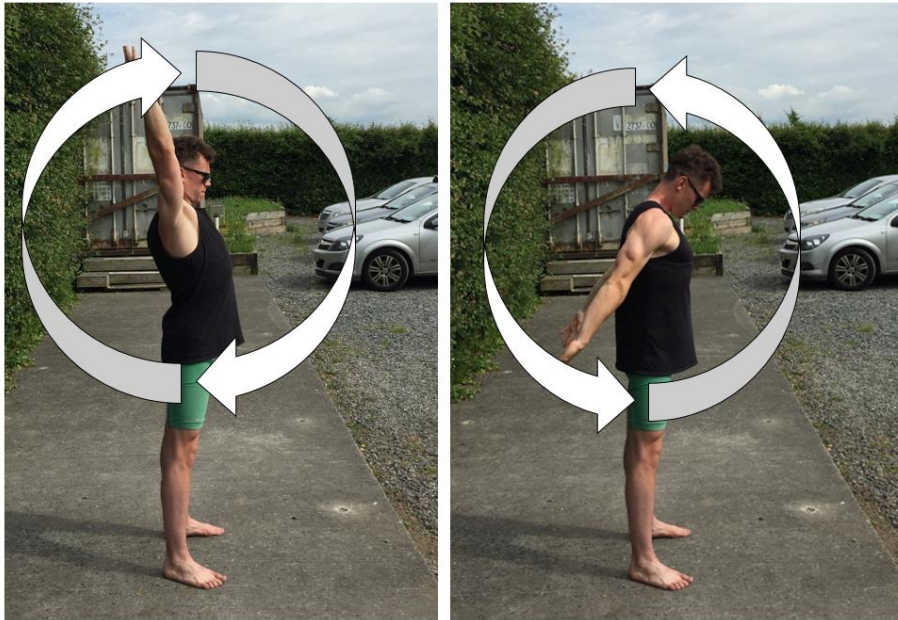
- Up-downs



- Chest cross-over



- Windmills (forward and back)



- Wrist and elbow rotations



Trunk and Hips

- Upper trunk rotation



- Lower trunk rotation



- Hip rotation



Standard Water Based Warm-Up Routine 1

- Paddle forwards at a slow pace, almost in slow motion, gradually step up speed every minute over 5 minutes, last minute should be at 80-90% max. Focus on technique throughout.
- 4 x 360° turn in each direction forward sweep only
- 4 x 360° turn in each direction reverse stroke only
- 8 x rotation stretch on each side, place right blade on the left side of the boat, over the left knee, and rotate to look behind you, repeat on opposite side.

Standard Water Based Cool-Down Routine 1

- 8 x rotation stretch on each side, place right blade on the left side of the boat, over the left knee, and rotate to look behind you, repeat on opposite side.
- 4 x 360° turn in each direction combined forward & reverse sweep
- Paddle forwards at a high pace, gradually slow down every minute over 5 minutes, until paddling in slow motion for the last minute. Focus on technique throughout.

Standard Land Based Cool-Down Routine 1

- Carry out the following 10 stretches on the bank
- Hold each stretch for 10 seconds on both left and right sides
- Focus on the neck, shoulders, arms and trunk/back
- If legs are stiff after training, add in some leg stretches to the cool-down

Neck

- Side stretch



- Rotation



- Forward stretch



Shoulders and arms

- Triceps



- Rotator Cuff 1



- Rotator Cuff 2



- Chest



Trunk and Back

- Trunk flexion / extension



- Trunk Lateral Flexion



- Trunk rotation

