

# Blueway 10K Training Programme



## Week 4 Training Programme





## Week 4

Well, here we are at week 4 already, time flies when you're having fun! Well done on completing the first 1/4 of the programme. The first 3 weeks were very focused on skills development, things might not be perfect yet, but I'm sure they will be a marked improvement on where you started from. We will continue the skills development over the next 6 weeks but also start focusing more and more on your fitness.

We will progress from the forward stroke "Catch" to the forward stroke "Draw" this week. The "Draw" is where all power wound up in your rotated core gets unleashed to power the boat forwards past the paddle. Did you know that when you paddle forwards the blade hardly moves in the water, people think it is the paddle that moves past the boat, when in fact it is the boat that moves past the paddle. Think of that as you draw on each forward stroke.

This week we will begin to learn pacing strategy by working on aerobic development at varying speeds. You will complete your first aerobic threshold training sessions by completing one interval session which involves alternating time intervals of exercise and rest and also one pyramid session. A pyramid starts with small exercise to rest time intervals which gradually increase before reducing again. This type of training is essential for improving your race pace. You will also practice paddling at a consistent pace for 4 x 5 minutes.

The goal of these sessions is to achieve consistent times on each effort. The speed at the start, should be the same as the speed at the end. Make sure to take a mental note your distance travelled in each effort to ensure a consistent pace.

Things are hopefully starting to come together more and more with each session. You might notice that your abs and core muscles are a little sore this week, paddling is one of the best work outs to build core strength and develop killer abs. Keep these sessions going and you'll have washboard abs in no time!



## Week 4 - Hour 10

### Session Goals

- Learn the forward stroke “Draw Phase”
- Practice changing speed at low intensity.
- Complete 3 x (2min/2min/2min/2min) intervals with 2 mins recovery between sets.

### Session Set Up

- No Set Up required

### Intro

- Review session goals and gear up (5 mins)

### Warm Up

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

### Main Set

- Session: 3 x (2/2/2/2) with 2 mins rest (30 mins)

This is an interval session where you will perform 3 sets of 8 minutes continuous paddling with 2 minutes rest between. Each 8 minute interval will be broken into 2 minute quarters, each at different paces. So each interval is broken down as follows:

0-2 min: easy (50% intensity)

2-4 min: medium (70% intensity)

4-6 min: easy (50% intensity)

6-8 min: hard (90% intensity)

### Cool Down

- Off the water (5 mins)
- Standard Land-Based stretches, see standard cool down notes (5 mins)

### Wrap Up

- Put gear away (5 mins)

## Week 4 - Hour 10 - Technical Notes:

### Forward Stroke “Draw Phase”

- Right side Draw Phase: We'll start from the position of the forward stroke “Catch”.
- Once the right blade has been planted in the water, press down on the blade with the right shoulder.
- Your torso is now going to rotate through the draw phase. The right side of your torso will move backwards, while the left side of your torso will move forwards. Drawing your right shoulder back and driving your left shoulder forwards is what powers the boat forwards.
- Your right elbow should be straight for the first half of the draw phase, until your right hand passes your knees, then bend your right elbow to pull the paddle through the second half of the draw.
- Your left elbow should be bent at 90 for the first half of the draw, until your left hand passes in front of your face, then extend your left elbow to punch forward towards the nose of the kayak through the second half of the draw.
- The right side “Draw Phase” ends when the right blade reaches your hips, don't worry about the exit phase for now, just do what comes naturally and focus your energy on getting the draw phase right.
- Do the opposite to draw on the left.



Eoin Rheinisch in the “Draw Phase” of the forward stroke at the 2008 Beijing Olympics



## Week 4 - Hour 11

### Session Goals

- a) Develop aerobic threshold.
- b) Develop optimal pace for 10k session.
- c) Complete first pyramid session building from 1 minute to 4 minutes and back to 1 minute

### Intro

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

### Warm Up

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

### Main Set

- 5) Complete pyramid 1/2/3/4/3/2/1 with 1 min rest between each

This is a basic pyramid session. The intervals gradually increase from 1 minute up to 4 minutes duration and then decrease back down to 1 minute, with 1 minute rest between each interval.

### Cool Down

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

### Wrap Up

- 9) Put gear away (5 mins)



## Week 4 - Hour 11 - Technical Notes:

### Pyramid Session

- Make sure you maintain a consistent speed throughout the session.
- Don't push too hard on the early pieces as you will struggle later in the session.
- If you use a heart rate monitor, try to maintain a pace at 85% of your max heart rate.



## Week 4 - Hour 12

### Session Goals

- a) Develop aerobic endurance and stamina.
- b) Develop consistent race pace.
- c) Complete 4 x 5 minutes at steady race pace.

### Intro

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

### Warm Up

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

### Main Set

- 5) Complete 4 x 5 minutes steady paddling, with turn and 1 minute rest (24 mins)

### 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 4 - Hour 12 - Technical Notes:

### Race Pace

- Getting your pace right is one of the keys to success in endurance racing.
- A common mistake with pacing is to push too hard in the first half of a race, so try to be conservative.
- The pace for the start will always be hard as paddlers fight for position. But you should aim to find your steady race pace within 2 minutes of the start.
- Remember, the best way to find your optimal pace is trial and error in training.
- Practice finding a comfortable pace in training, where you are breathing hard but always in control of your paddling technique.



Group pace and formation in an international marathon race



## 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



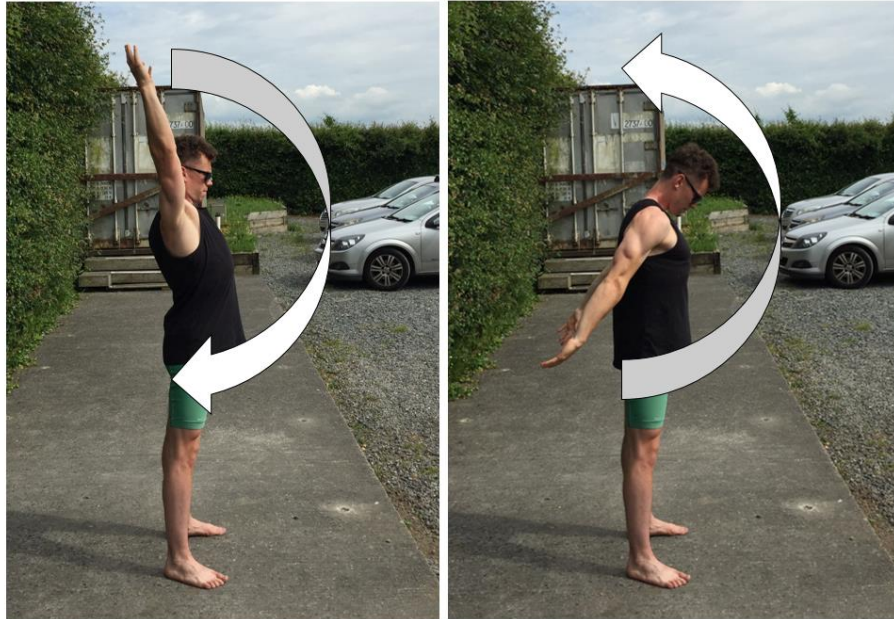
- Forward tilt





## Shoulders and arms

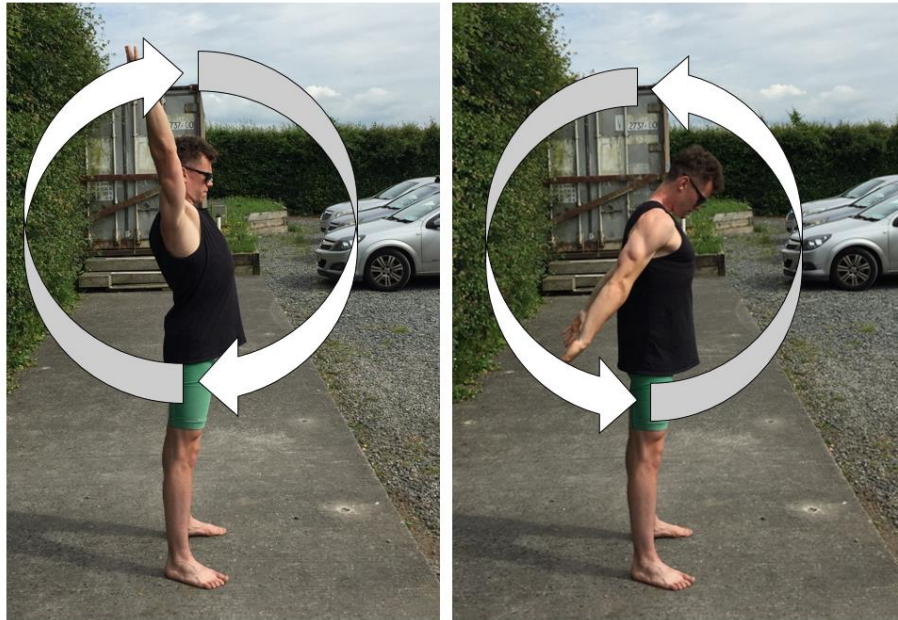
- Up-downs



- 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

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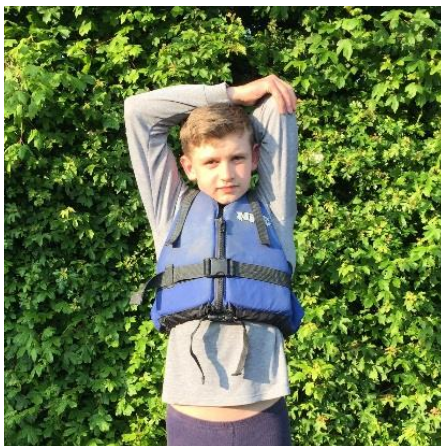


- Forward stretch



## Shoulders and arms

- Triceps



- Rotator Cuff 1





- Rotator Cuff 2



- Chest



## Trunk and Back

- Trunk flexion / extension



- Trunk Lateral Flexion



- Trunk rotation

