

# Blueway 10K Training Programme



## Week 5 Training Programme





## Week 5

Welcome to week 5 of Blueway 10K, you are really suckin' diesel now! The feedback from week 4 is fantastic, the fitness drive of Blueway 10K is really starting to kick in, your muscles might be starting to ache a bit but just think of the fitness and lifestyle benefits you are reaping from the programme.

We're moving focus to the "exit" phase of the forward stroke this week. The exit is all about efficiency, ensuring you make the most of all the energy put into your stroke by getting the paddle out of the water with minimal resistance. A good exit is smooth with almost no splash as the paddle leaves the water.

The training volume increases a bit this week so we'll need to be a bit quicker getting on and off the water as well getting our equipment and putting it away. We will do another interval session and pyramid session this week, with one extra set to keep developing our physical fitness. Remember 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.

We'll also take another look at the low brace to help you continue improving your balance and support skills. Remember to keep those elbows up and paddle shaft parallel with the water to get the most out of your low brace.

The end of this week will bring the first long, steady session of your training. You will paddle non-stop for 30 mins covering up to 50% of the Blueway 10K distance at a slow, steady pace. If you're working in a group, make sure to practice using the slipstream in "Indian file". In later weeks we will work on other group formations which help to conserve energy.

You're really getting into the swing of things now, the technique is coming together and the fitness is starting to build. Keep up the good work, you are nearly half way there now.



## Week 5 - Hour 13

### Session Goals

- Introduce “Exit Phase” of forward stroke
- Practice changing speed at low intensity.
- 4 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 (2 mins)

### Warm Up

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

### Main Set

- 4 x (2/2/2/2) with 2 mins rest (40 minutes)

Today you will perform 4 sets of 8 minutes continuous paddling with 2 minutes rest between. Similar to last week, each 8 minute interval will be broken into 2 minute quarters at different paces. So each 8 minute 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 (1 min)
- Standard Land-Based stretches, see notes (5 mins)

### Wrap Up

- Put gear away (2 mins)

## Week 5 - Hour 13 - Technical Notes:

### Forward stroke “Exit Phase”

- Right side Exit Phase: The exit begins when your right hand is in line with your right hip, at the end of the “Draw Phase”.
- During the right side exit phase your left hand continues to extend fully forward at chin level and your trunk is fully rotating with the left shoulder forward and right shoulder back.
- Your right elbow should be bent at 90° at the exit point. To exit “flick” your right hand up and away from your body around your elbow while maintaining that 90° bend. Your right hand pivots around your right elbow, starting below the elbow and swinging to be above the elbow.
- You need to control the paddle blade angle so that it slides out of the water like a knife.
- Continue the upward right hand movement to bring your right hand up above your elbow to ear level, while keeping the 90° bend in your elbow, this brings you into the left side “Set Up” position.
- Do the opposite to “Exit” on the left side.
- A common error with the exit is leading the lift with the elbow, which causes you to “lift” water and creates lots of splash slowing you down. A good exit is a “dry” exit with little or no splash.





## Week 5 - Hour 14

### Session Goals

- a) Practice Low Brace
- b) Develop aerobic threshold.
- c) Pyramid session building from 1min to 4min and then repeat 4min back to 1min

### Session Set Up

- No Set Up required

### Intro

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

### Warm Up

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

### Main Set

- 5) Pyramid 1/2/3/4/4/3/2/1 with 1 min rest between each (20 mins)

Today we will build on the pyramid session from last week. Today's training will be a flat top pyramid interval session. The intervals will gradually increase from 1 minute up to 4 minutes, then repeating 4 minutes and decreasing back down to 1 minute. In total there will be 20 minutes of high intensity paddling. Make sure you pace yourself well throughout the session!

### Cool Down

- 6) Standard Water-Based cool down routine, see notes (10 mins)
- 7) Off the water (2 mins)
- 8) Standard Land-Based stretches, see notes (5 mins)

### Wrap Up

- 9) Put gear away (5 mins)



## Week 5 - Hour 14 - Technical Notes:

### Low Brace

- The low brace is a recovery stroke which provides support and stability which is essential to learn before moving into more unstable racing kayaks.
- During the bank based exercise focus on your body movement. As you support your body with the paddle, relax your neck and nod your head towards the paddle. This seems counter intuitive but it allows you to lower your centre of gravity and effect an easier recovery.
- For the water based exercise hold the shaft of the paddle just barely above the cockpit of the boat or over your thighs keeping it horizontal with the water.
- Once again grip the paddle as normal but twist your elbows up so that they are above your hands, you should have a 90° bend in each elbow, this is the gorilla position.
- To do a low brace on the left side twist the paddle with your wrist to ensure the left paddle blade is parallel with the water's surface.
- This time keep the paddle blade just barely on the surface of the water. Lean over slightly to the left and as you lean over more and more increase the pressure between the blade and the water's surface.
- If you feel imbalanced just push down on the left blade, nod your head to the left and shift your body weight to your right glute (bum cheek) to flatten the boat. The pressure created by the flat paddle blade against the water will give you support and allow you right the boat.
- If the blade has sunk into the water make sure to twist it 90° before pulling it out of the water like a knife.
- Practice gradually leaning on the blade and see how much weight can be transferred on to it.
- Do the opposite to "low brace" on the right side.





## Week 5 - Hour 15

### Session Goals

- a) 30 minutes steady paddling
- b) Develop aerobic endurance and stamina.
- c) Develop efficient forward stroke technique.
- d) Practice working together in a group.

### Session Set Up

- None required

### Intro

- 1) Review session goals & gear up (2 mins)

### Warm Up

- 2) Land Based: Practice Indian File group tactic and the dropping leader action on dry land, firstly while walking, then while jogging and finally while running. , see notes (5 mins)
- 3) Get on water
- 4) Water-Based: Practice Indian File group tactic and the dropping leader action on the water, see notes (5 mins)

### Main Set

- 5) 30 minutes steady paddling in Indian file working together. Leader should drop to the back of the group every 2 minutes to rotate the lead.

### Cool Down

- 6) Water-Based: Focus and Practice the “Exit Phase” of the stroke, 2 x 2 mins slow paddling with 1 min rest & review (5 mins)
- 7) Off the water (2 mins)
- 8) Standard Land-Based stretches, see notes (5 mins)

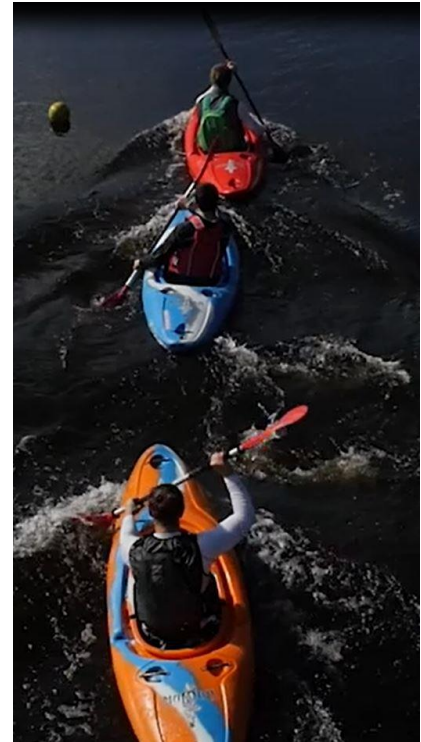
### Wrap Up

- 9) Put gear away (5 mins)

## Week 5 - Hour 15 - Technical Notes:

### Group Tactics Indian File

- For general purpose kayaks, the best way to take advantage of paddling in a group is to use the “Indian file” formation
- In this simple formation, you simply follow directly behind the leader, with the front of your kayak 10-20cm behind the back of the leader’s kayak.
- In this position, you can save up to 15% energy.
- Make sure not to use this formation in the final 500m of the race, as it is difficult to overtake the leader from this position.
- For this 30 minute paddle the lead paddler should move to the side and go to the back of group every 2 minutes in order to rotate the lead.
- Practice the action and movements on dry land during the warm up prior to doing them on the water.





## 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



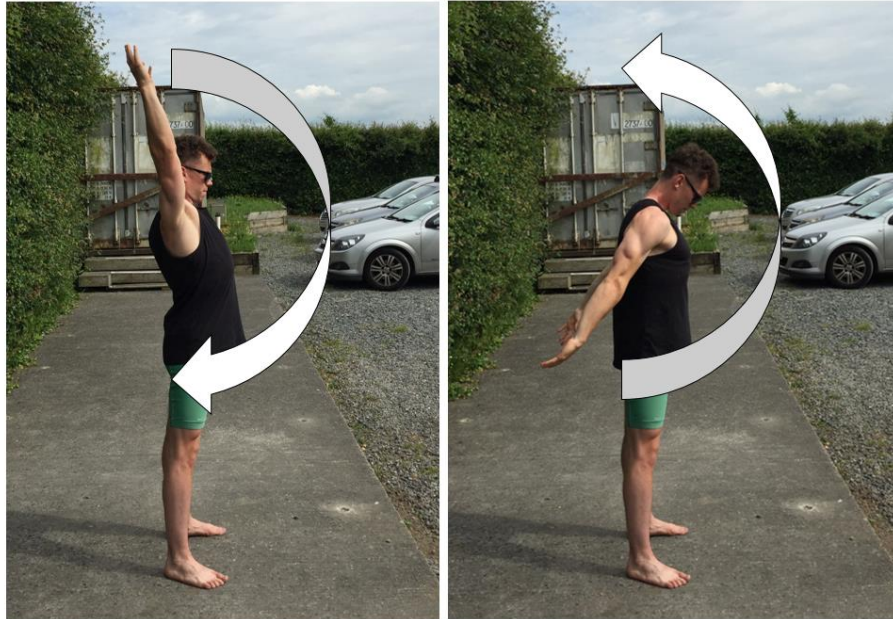
- Forward tilt





## Shoulders and arms

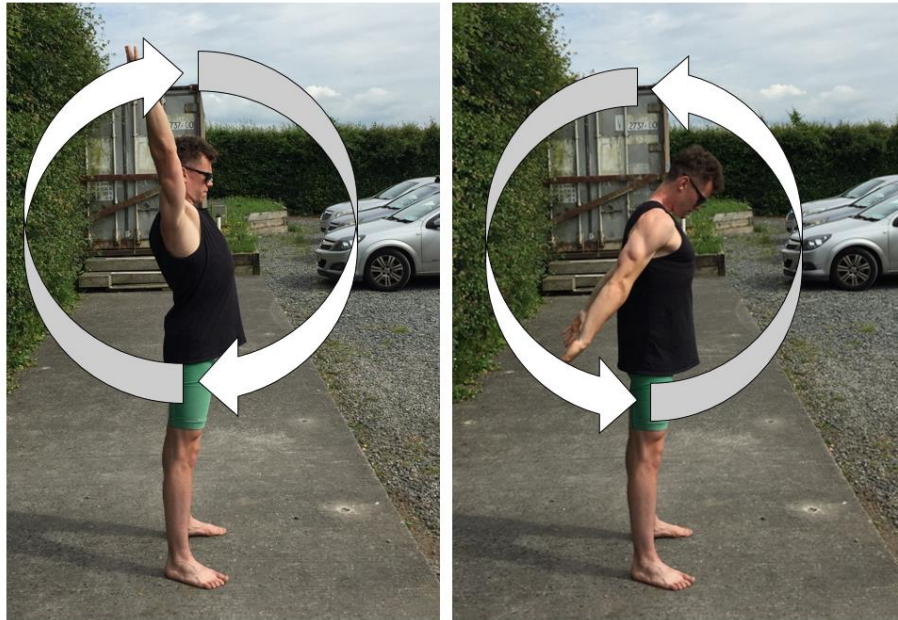
- Up-downs



- 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

# Blueway 10K Training Programme



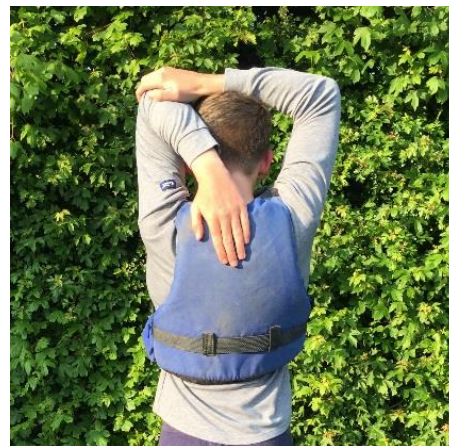
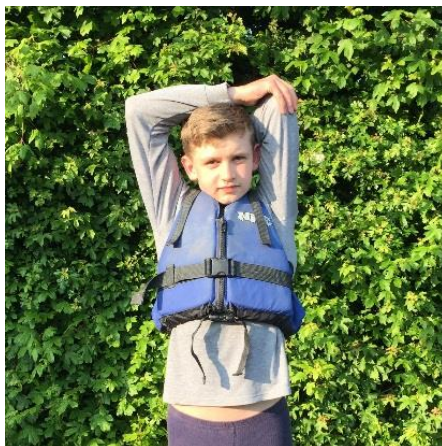


- Forward stretch



## Shoulders and arms

- Triceps



- Rotator Cuff 1





- Rotator Cuff 2



- Chest



## Trunk and Back

- Trunk flexion / extension





- Trunk Lateral Flexion



- Trunk rotation

