

# Blueway 10K Training Programme



## Week 9 Training Programme





## Week 9

Congratulations, week 9, you are now 2/3's the way through the Blueway 10K programme, just 4 weeks to go to the Blueway 10K events on the 20<sup>th</sup> August. This week we're going to review the all-important Draw phase of the forward stroke while also looking at trunk rotation in detail.

We will try progressively declining intervals. Instead of declining sets, each interval will be 1 minute shorter than the previous. Starting with a 7 minute piece, you will gradually reduce each subsequent piece by 1 minute until you reach the final 1 minute piece. As the session progressed and you tire, the efforts get shorter so you should be able to maintain a consistent pace throughout. Make sure you pace yourself well throughout the session! We will also continue practicing our finishing speed for the end of the race with another 10-up session. We will build on last week and try 4 x 10-ups, with 5 mins recovery between each.

And finally we have one last crack at "the race of truth", the 1000metre time trial. Third time lucky... This is the final opportunity to race the clock over 1000m as part of your Blueway10k preparation. It is a chance to see how much of an improvement you've made so far in your training. Can you beat your time from week 3 and week 6???

We wish you another amazing week of Blueway 10k and look forward to seeing plenty more pictures in the sunshine online. Have fun and see you next week.



## Week 9 - Hour 25

### Session Goals

- a) Review the “Draw Phase” of the forwards stroke
- b) Develop optimal pace for 10k session.
- c) 7 down to 1

### Session Set Up

- No Set Up required

### Intro

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

### Warm Up

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

- 4) Session: 7min/6 min/5 min/4 min/3 min/2 min/1 min with 1 min rest between each (34 mins)

### Cool Down

- 5) Standard Water-Based cool down routine, see notes (7 mins)
- 6) Standard Land-Based stretches, see notes (5 mins)

### Wrap Up

- 7) Debrief and put gear away (2 mins)

## Week 9 - Hour 26 - Technical Notes:

### Forward Stroke “Draw Phase”

- Right side Draw: We’ll start from the position of the forward stroke “Catch”, covered in Week 8.
- Once the right blade has been planted in the water, continue to press down on the blade with the right shoulder. Try to keep your right elbow straight for the first half of the draw.
- When the blade passes your knees, begin to bend your elbow as the arm pulls the paddle through the second half of the draw.
- Keep the left elbow bent at 90 for the first half of the draw. During the second half of the draw, extend the left elbow and punch forward towards the front of the kayak.
- Your torso should rotate through the entire draw phase. The right side of your torso will move backwards, while the left side of your trunk will move forwards.
- When the blade reaches your hips, the draw phase ends and the exit begins.
- Do the opposite for left side draw phase.
- The most common error with the draw phase is to punch too early with the opposite arm. This causes the blade to “slip” in the water and you lose power.





## Week 9 - Hour 26

### Session Goals

- Review draw stroke
- Practice finishing speed.
- 4 x 10-up (4/3/2/1)

### Session Set Up

- No Set Up required

### Intro

- Review session goals & gear up (2 mins)

### Warm Up

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

### Main Set

- 3 x 10-up (4/3/2/1) at increasing speed with 5 mins rest to practice finishing, see notes (45 mins). Practice breaking away during each set. (see notes)

0-4 min: easy (50% intensity)

4-7 min: medium (70% intensity)

7-9 min: hard (90% intensity)

9-10 min: MAX (100% intensity)

### Cool Down

- Water Based: Practice Draw stroke on water, alternate both sides, gradually increase lean to reach limits, see notes (5 mins)

### Wrap Up

- Put gear away (2 mins)

## Week 9 - Hour 26 - Technical Notes:

### Draw Stroke

- The draw stroke is used to move to the right or left, without turning the kayak.
- Right draw stroke: Place the right blade in the water, at full arm's length away from the kayak, in line with your hips.
- Make sure the face of the blade is positioned parallel to the kayak.
- Pull the blade towards the kayak until the right wrist is within 10 cm of the side of the kayak.
- Using your control hand, twist the blade so that it is now perpendicular to the boat.
- Slide the blade back out to arm's length away from the kayak and repeat the stroke again.
- During the draw stroke, keep the opposite hand extended in front of your face, as if you're reading the time off a wrist-watch.



## Breaking away

- In cycle racing, it is very difficult to break away from the peleton. If a cyclist goes to the front, no matter how hard they work, the peleton will follow in the slipstream. Kayaking is very similar. The only solution is to attack the front with a sharp sprint.
- If you are planning a break away move, make sure you have the energy to sprint maximally for over 60 seconds.
- Pick a point where water conditions will be more difficult for those following. Turns, and upstream sections of the river are often the best locations to break away.
- When you begin the attack, you must sprint at 100% intensity for a minimum of 30 seconds.
- It's the change in speed that is critical. If you gradually increase speed, the attack will fail.
- It is also important to judge how your opponents are feeling before launching an attack. Are they breathing heavy? Is their forward stroke tiring or do they look relaxed?
- If you successfully break away, you must keep the pace high for the next 5 mins to open a gap. Otherwise the group can quickly reel you back in.





## Week 9 - Hour 27

### Session Goals

- a) 1000m time-trial.
- b) Set the fastest possible time over 1000m.
- c) Practice your start and race-pace in a competitive environment.

### Session Set Up

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

### Intro

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

### Warm Up

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

### Main Set

- 6) 1000m time-trial (10 mins)

### Cool Down

- 7) Standard Water-Based cool down, see notes (10 mins)
- 8) Standard Land-Based stretches, see notes (5 mins)

### Wrap Up

- 9) Put gear away (5 mins)



## Week 9 - Hour 27 - Technical Notes:

### Trunk rotation

- Trunk rotation is one of the most important aspects of the forward stroke.
- It transfers the power from the arms to the hips, legs and into the kayak
- Right side trunk rotation: Let's begin at the right set-up.
- At the set-up, the right side of the trunk is rotated so that the right shoulder and hip are fully forward. The left leg is pressing on the footbar to help achieve this.
- Hold this rotation until the blade enters the water on the catch
- As soon as the right blade enters the water, the right leg presses on the footbar, and the trunk rotates so that the right shoulder and hip begin moving back.
- This trunk rotation continues through the entire draw phase until the exit.
- During the recovery phase the right shoulder and hip is now fully back and the left side is fully forward.
- Do the opposite of this for left side trunk rotation.



## 1000m time trial

Once again, make a race plan before you get on the water. Use all the information you learned from the first and second time-trials.

After this time-trial, make some more notes to compare how you felt today with how you felt during the first 2 time-trials. This will help when it comes to your race plan for the Blueway 10k...

Remember; there is no such thing as failure! Only success and learning...



Max Hoff: 3.22



Taneale Hatton: 3.48

## 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

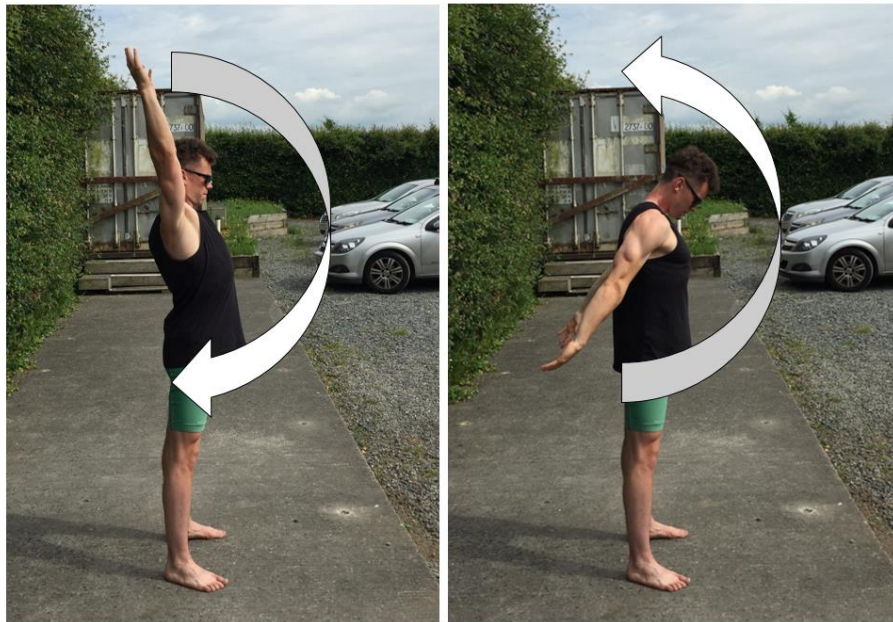


- Forward tilt



## Shoulders and arms

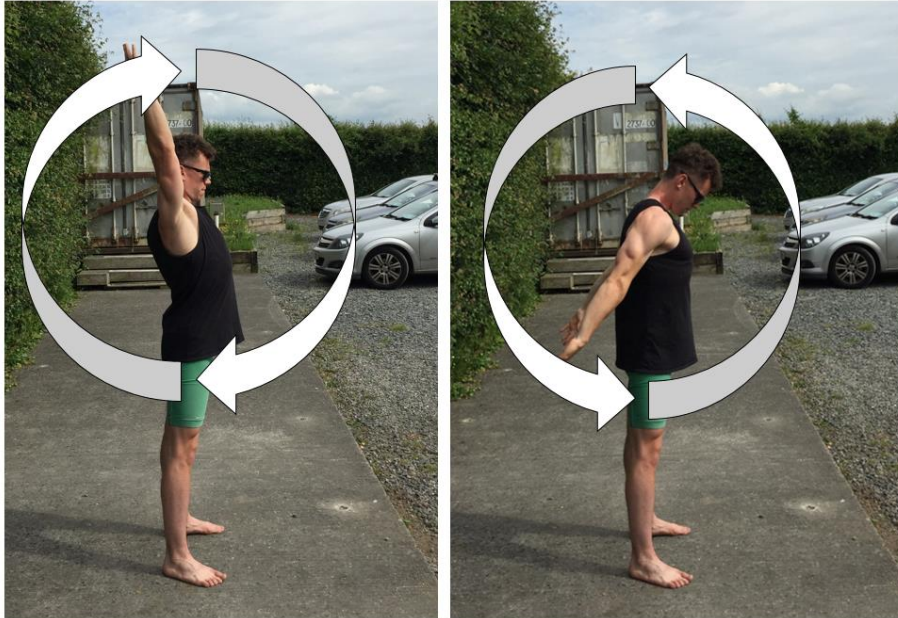
- Up-downs



- 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

