



Week 11 Training Programme





Week 11

Week 11, just two weeks to go until our Blueway 10K events around the country on the 20th August. Your technique and fitness should really be coming together now as you approach the end of the programme. Well done to everyone involved, the videos we are seeing from around the country are truly inspiring.

This week we will review the recovery phase of the forward stroke. Remember to make the most of each stroke allowing the boat to glide during recovery. We will also focus again on trunk rotation to make sure you are getting maximum output from each effort.

If you haven't tried a longer narrower boat yet in the programme this week would be a great week to try one out before the end of the programme. Talk to your club or provider about trying one.

As we approach the last two weeks we will start working more on more on speed and less on endurance to maximise your fitness development. This week we will perform 3 sets of (10 x 30 seconds on / 30 seconds off). There will be 5 minutes recovery between each set. Make sure to sprint as hard as possible during each interval, even if it means you tire during the course of the set. Once again, the goal of this session is equipping the body to deal with lactic acid and fatigue, so be prepared for that burning feeling in your muscles.

Speed is an essential component of any event, regardless of whether it's a sprint or a marathon. In long-distance events such as the Blueway10k Challenge, developing maximal speed will allow you to have the best possible start and to maintain a good position with other competitors using burns during the event. This week we will develop your speed by using a pyramid session, similar to in weeks 4 and 5, but with much shorter intervals. The pyramid comprises of 5 sprints (15 secs / 30 secs / 45 secs / 30 secs / 15 secs). Each sprint starts every 2 minutes. You will perform 3 sets of this pyramid with 5 minutes recovery between sets. You will have plenty of recovery between each interval and each set so make sure to push as hard and fast as possible!

The last session this week will be the first taper session as we begin to ease back the training volume in preparation for the big event. You will cover up to 40% of the race distance at a slow, steady pace. Concentrate on perfecting your wake riding technique and positional within the group.



Week 11 - Hour 31

Session Goals

- a) Review and practice “Recovery Phase” of forward stroke
- b) 3 sets of (10 x 30 secs on / 30 secs off)
- c) Develop anaerobic power
- d) Improve speed endurance

Intro

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

Warm Up

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

Main Set

- 3) 3 sets of (10 x 30 secs on / 30 secs off) with 3 mins rest between sets. (39 mins)
Make sure to sprint as hard as possible during every 30 sec interval.

Cool Down

- 4) Water-Based: Focus and Practice the “Recovery” phase of the stroke, 2 x 2 mins slow paddling with 1 min rest & review (5 mins)
- 5) Standard Land-Based stretches, see notes (5 mins)

Wrap Up

- 6) Put gear away (2 mins)

Week 11 - Hour 31 - Technical Notes:

Recovery

- Right side Recovery: Right hand exits the water with elbow in and wrist out. Left hand is extended forward at chin level and remains there throughout.
- Keep your right shoulder back and left shoulder forward throughout the recovery phase.
- Maintain pressure on the right leg and make sure there is no pressure on the left leg throughout the recovery phase.
- Slowly raise your right hand up to eye level with the elbow at 90 degrees.
- Recovery ends when the left hand drops into the water for the next “catch”.
- It is important to relax the shoulders and arms in the recovery phase and focus on a strong core. Balance comes from the core, not from the shoulders!
- Take your time on the recovery phase. Let the boat glide and do the work for you.
- Do the opposite for “Recovery” on the left side.





Week 11 - Hour 32

Session Goals

- a) 3 sets of (15/30/45/30/15)
- b) Develop maximal speed
- c) Improve power per stroke

Intro

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

Warm Up

- 2) Standard Land Based Warm up, see notes (5 mins)

Main Set

- 3) 3 sets of (15/30/45/30/15) with 5 mins rest between sets. (45 mins)
Each sprint within the set starts every 2nd minute on the minute.
Make sure to sprint as hard as possible during every effort.

Cool Down

- 4) Standard Land-Based stretches, see notes (5 mins)

Wrap Up

- 5) Put gear away (2 mins)

Week 11 - Hour 32 - Technical Notes:

Tactical Notes - Finishing

- Often times, the race is decided in the final 100m of a race so make sure to plan for a strong finish!
- Ensure that you conserve some energy to compete at finish, especially if you are in a group.
- If you are paddling on your own, it is best to gradually increase the pace over the final 2km.
- If you are in a group, try to position yourself at the front of the group for the final 500m.
- It is always easier to hold the lead than to steal it from another paddler.
- If you find yourself challenging for the lead, try to paddle wide of the leader to avoid dirty water.





Week 11 - Hour 33

Session Goals

- a) Review and practice trunk rotation
- b) 25 mins wake riding practice
- c) Practice working together in a group.
- d) Maintain aerobic endurance and stamina.

Intro

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

Warm Up

- 1) Standard land based warm up, see notes (5 mins)
- 2) Standard water based warm up, see notes (5 mins)
- 3) 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)

Main Set

- 2) 25 mins wake riding practice. Change leads every 3 minutes.

Cool Down

- 3) Water-Based: Focus and emphasise trunk rotation on each stroke, 2 x 2 mins slow paddling with 1 min rest & review (5 mins)
- 4) Standard Water-Based cool down, see notes (5 mins)
- 5) Standard Land-Based stretches, see notes (5 mins)

Wrap Up

- 6) Put gear away (2 mins)

Week 11 - Hour 33 - Technical Notes:

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.





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

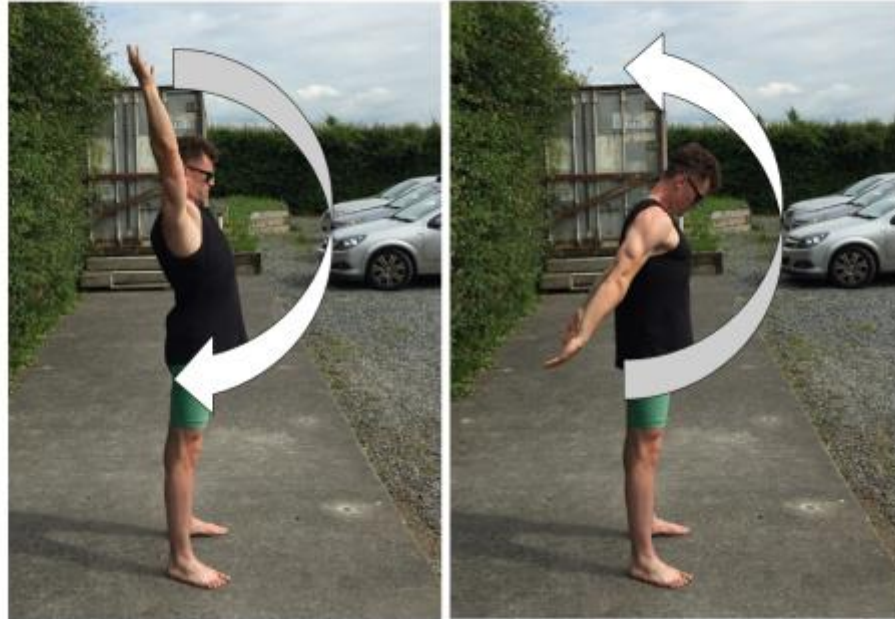


- Forward tilt



Shoulders and arms

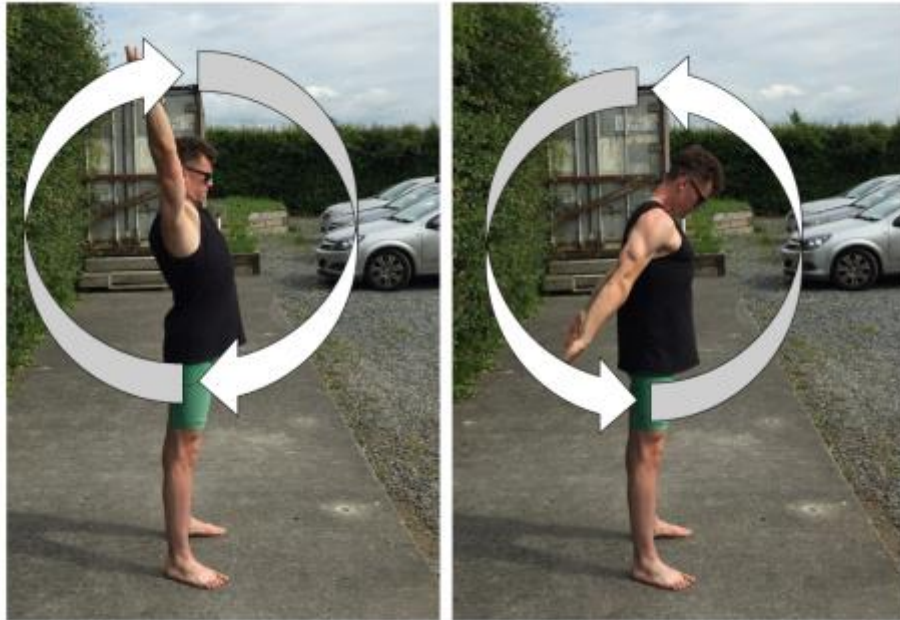
- Up-downs



- 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

