

Spring Competitive Novice Training Plan Week #22, April 4 - 10, 2022



Week 10 of the Spring Competitive Program sees a return to a high training load and the introduction of new work of still higher intensity. Please try to do the Tuesday, Thursday and Saturday sessions with the highest level of quality possible. You should also consider using these high intensity sessions to refine your pre-race warm up. The lower intensity sessions should be done with the prescribed intensity level in mind. Resist the urge to go harder in these sessions and pay attention to detail with regards to technique.

As always, on water technique drills continue to be an excellent idea in warm ups and cool downs and land-drills are also advised 1-2x/week to consolidate the positions you should be striving to achieve on the water. This is important as the intensity of the on-water work increases and technique is put under greater stress.

As always, if you have any races between now and the end of April, please contact me in for possible modifications to your work that will optimize performance.

Have a great week and please do not hesitate to ask questions if you have them.

Larry

Macro: 2		Meso: 2		Micro: 4		Date: Apr 4 - 10, Intensification	
Totals:	Days training: 6	Paddle: 4	Cardio: 4	Strength: 3	Other:		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WORKOUTS	Paddle: 1 x 10 min, 2 x 5 min, 1 x 10 min, 2 x 5 min, 1 x 10 min. 10 min at level 2 and 5 min at level 3. No rest after 10 min and 1 min rest after each 5 min. Strength: Day 1 from Strength Program or your own routine	Paddle: 5 x 1 min, all out, 4 min rest. If you have access to a beach and are training for races with beach starts consider doing these as beach starts. Cardio: 20 min easy level 2 to assist with clearance of any accumulated lactate.	Cardio: 50 min steady level 2	Paddle: 3 x 2 km. 1st and 3rd are time controls (cover the distance as fast as you can), 2nd is at level 3. 8 min rest after 1st and 3 min rest after 2nd	Strength: Day 2 from the Strength Program or your own routine Cardio: 20 min easy level 2 recovery cardio	Paddle: 1 x 4 min, 2 x 3 min, 2 x 2 min all at level 5, 2 min rest Cardio: 20 min easy level 2 to assist with clearance of any accumulated lactate.	Paddle: OFF Cardio: OFF Other: OFF Notes: OFF
NOTES							