

Intermediate Fall Program **Training Plan Week #45, September 12 - 18, 2022**



Week 45 of the 2022 season is week 5 of the Fall Program which sees a continued focus on accumulation of specific aerobic base with the same structure as last week and incremental increases in training load through either more volume or increased intensity. Do the best you can to complete all the work as prescribed with the best quality paddling possible. Next week will be a recovery week to allow you a respite from the high training load and a chance to consolidate gains you have made to date.

As usual, those paddlers with important events in September will need modifications to this work which see them continue with more intense work. It is imperative that they work with me in convos for customized work to ensure optimal performance in their upcoming events.

Technique, as always, continues to be extremely important. Use the warm up and cool down in each session to do drills as needed, do land-based drills as needed, and make technique a focus in all work without compromising your effort. Periodically obtaining and assessing video helps to ensure that you're paddling the way you think you are and are not developing bad habits. Please ensure that the paddling you do in your cool down is done with optimal technique to ensure you imprint superior movement patterns on your nervous system.

Please ensure you continue to do the strength work as prescribed as it is imperative for maintaining strength through to the end of the season.

Please do not hesitate to ask questions you may have in convos or in the forum. Have a great week!

Larry

Macro: 3		Meso: 1		Micro: 5		Date: Sept 12 - 18, Accumulation							
Totals:		Days training: 6		Paddle: 5		Cardio: 1		Strength: 3		Other:			
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
WORKOUTS	Paddle: 1 x 10 min, 3 x 5 min, 1 x 10 min, 3 x 5 min, 1 x 10 min. 10 min at level 2 and 5 min at level 3, no rest after 10 min (move directly to level 3), 30 sec rest after each 5 min Strength: Day 1 from the Strength Program or your own routine	Paddle: 3 sets of 12 x 70 sec hard, 20 sec rest with 3 min rest between sets. For all sets odd pieces at level 3 and evens at level 4	Paddle: 4 x 8 min alternating 2 min at level 2 and 2 min at level 3 and repeat. 30 sec rest. Strength: Day 2 from the strength program or your own routine	Paddle: 2 x 5 km with turn at 2.5 km. 1st is a time control (cover the distance as fast as you can), 2nd is at level 3. 6 min rest	Cardio: 45 min steady level 3 Strength: Day 3 from the strength program or your own routine	Paddle: 7 x 20 min. 1st, 3rd, 5th and 7th alternating 2 min at level 2 and 3 min at level 3 and repeat. 2nd, 4th and 6th alternating 2 min at level 2, 1 min at level 4 and 2 min at level 3 and repeat. Do not drop tempo too low when gearing down from level 4 to 3 and 3 to 2. Drop to level 3 or 2 pace, not HR. 2 min rest between each 20 min.	Paddle: OFF Cardio: OFF Other: OFF Notes: OFF						
	NOTES	Prepared for paddlers training with Paddle Monster. Please train and paddle with www.paddlemonster.com .											