

Off-season Cold Intermediate Training Plan Week #9, December 26, 2022 - January 1, 2023



Week 9 of the Off-Season Program sees a reduced training load consistent with that required for recovery of muscles, connective tissue and the nervous system and for consolidation of gains made to date. The load is not reduced as much as usual in recovery weeks as last week saw some optional work and there may be many who want to use the holidays to actually train a little more. Next week will see an increase in training load and the introduction of some new work with a continued focus on development of aerobic base.

If you are paddling and have not yet acquired video for self analysis, please do so while you still have the chance. Ironing out technical issues now, or at least having an awareness of them, will definitely make getting started on the water next spring much easier. If you have any questions about your technique please reach out to me in convos.

If you have any questions please do not hesitate to ask in convos.

Have a great week! Here's wishing you a healthy, happy and successful 2023!

Larry

Macro: 1 Meso: 2 Micro: 6 Date: Dec 26 - Jan 1, Recovery and consolidation

Totals: Days training: 6 Paddle: 0 - 4 Cardio: 2 - 5 Strength: 3 Other:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WORKOUTS	<p>Strength: Day 1 from the Paddle Monster strength program or your own routine.</p> <p>Paddle or Cardio: 35 min steady level 2</p>	<p>Paddle: 50 min technique and changing tempo between level 2 and 3 at your discretion</p> <p>OR</p> <p>Cardio: 50 min fartlek level 2 - 3 with at least 20 min at level 3</p>	<p>Strength: endurance strength circuit 1 (see next page) - 3 rounds, 30 reps</p> <p>Cardio: 30 min steady level 2</p>	<p>Paddle: 3 x 10 min, including 5 min at level 2 and 5 min at level 3, 1 min rest</p> <p>OR</p> <p>Cardio: 10 min level 2 warm up, 3 x 10 min, level 3, 10 min level 2 cool down.</p>	<p>Strength: Day 2 from the Paddle Monster strength program or your own routine</p>	<p>Optional paddle: 30 min steady, level 2</p> <p>OR</p> <p>Optional cardio: 30 min steady level 2</p> <p>Don't feel guilty if your schedule doesn't allow you to train on New Year's Eve. There is lots of hard work ahead in 2023!</p>	<p>Paddle: OFF</p> <p>Cardio: OFF</p> <p>Other: OFF</p> <p>Notes: OFF</p> <p>HAPPY NEW YEAR</p>

NOTES

Prepared for paddlers training with Paddle Monster. Please train and paddle with www.paddlemonster.com.

Endurance Strength Weight Circuit

30 reps/exercise. Complete one set and move to next exercise. Use only the time it takes to switch exercises as rest. Complete the number of rounds indicated. Use a weight that is not difficult to do 1 rep/sec or faster for all 30 reps. It is extremely important to maintain cadence throughout all 3 rounds. Do not approach failure.

1. Bench Press
2. Bench Pull
3. Split squat jumps (30/side)
4. Side bends
5. Push ups
6. Body rows
7. Squat jumps
8. V-tucks
9. Clean and press
10. Crunches
11. 3 min cardio (run or bike or other)