

Intermediate Fall Program **Training Plan Week #45, September 4 - 10, 2023**



Week 45 of the 2023 season sees a return to a higher workload and the introduction of some new work that includes a bit more intensity. Please do the work with the utmost quality possible and ensure that you are getting proper recovery, rest and nutrition between training sessions.

For those with important races in September - YOU MAY NEED MODIFICATIONS TO THE POSTED PROGRAM STARTING NOW. PLEASE CONTACT ME IN THE COACH'S CONVO AND I CAN PROVIDE YOU WITH THE NECESSARY MODIFICATIONS TO HELP YOU BE OPTIMALLY PREPARED FOR YOUR EVENT(S). If your race is in October, doing the posted work will be ideal. IF YOU ARE CONCERNED ABOUT BEING OPTIMALLY PREPARED FOR YOUR RACE, PLEASE CONTACT ME IN THE COACH'S CONVO.

As always, technique is continues to be extremely important. It is often easier to make and consolidate adjustments to technique in lower intensity work so it is essential that you address technique in drills both on land and on the water in warm ups and cool downs, and are mindful of technique while doing the work. The sooner you can make and consolidate any modifications necessary to your technique, the better. Collecting some video for analysis is a very good idea so you can better determine what you need to work on.

Have a great week!

Larry

Macro: 3		Meso: 1		Micro: 4		Date: Sept 4 - 10, 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, 1 min rest Strength: Day 1 from the Strength Program or your own routine	Paddle: 10 min steady level 2 20 x 40 sec hard (level 4), 20 sec rest 10 min steady level 2 Try to accelerate as quickly as possible in each piece (10-15 sec) before settling into the level 4 traveling pace	Paddle: 8 x 5 min, mid level 3 paced as evenly as possible, 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 paced as evenly as possible. 8 min rest	Strength: Day 3 from the strength program or your own routine Cardio: 30 min steady level 2	Paddle: 6 x 20 min alternating 2 min at level 2 and 3 min at level 3, 2 min at level 2, 1 min at level 4 and 2 min at level 3 and repeat. 2 min rest. Try not to drop pace too low when going from level 4 to 3 and level 3 to 2.	Paddle: OFF Cardio: OFF Other: OFF Notes: OFF						
	NOTES	Prepared for paddlers training with Paddle Monster. Please train and paddle with www.paddlemonster.com .											