Paddle Monster Dryland Training - Advanced Program

Training Group	Training Level	Macrocycle	Mesocycle	Microcycle Dates - Week Start	Focus
SUP Northern Hemi	Advanced	2023	Cycle 11	Sept 11-Oct 22	Race / Peak 3

Monday - Power 1

Program Order: Warm Up > Resistance > Balance > Endurance > Cool down

WARM UP

1) General aerobic cardio (any mode)	10 minutes
2) Cat / Camel	10 repetitions
3) Shoulder Wall Slides	10 repetitions
4) Sumo Squat to Stand	10 repetitions
5) Frankenstein to Airplane	5 reps each side
6) Knee Hug > Backward Lunge > Double Rotation	5 reps each side
7) Sumo Squat > Double Lateral Lunge > Ground Touch	5 repetitions

BALANCE

NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM

COOL DOWN

1) Aerobic cardio (spin bike preferred)	10 minutes
2) Standing Bench Hamstring w Rotation	2 x 10 each leg
2) Kneeling hip flexor	2 x 30 sec each leg
4) Prone Cobra to Downward Dog (hold 5 sec each)	10 repetitions

RESISTANCE TRAINING

Notes: *This program is a taper/unload for racing. During race weeks try to stick to 1 lift that week (early in the week) unless you are training through the race. As we get closer to racing volume (reps and sets) go down. You can either keep the weight the same OR increase, BUT DO NO GO TO FAILURE! At least 2 in the tank!*

#	Exercise				Wk1		Wk2		wk3		wk4		wk5		wk6	
A1	**Bench Pull or Horiuzontal Row**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**X**	Set 1	6		5		4		3		2		2	
				Set 2	6		5		4		3		2		2	
				Set 3	6		5		4		3		2			
				Set 4	6		5									
B1	**Kettlebell Swing**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**X**	Set 1	12		10		10		8		6		6	
Hips drive the movement!				Set 2	12		10		10		8		6		6	
				Set 3	12		10		10		8		6			
				Set 4	12		10									
C1	**Bench Press**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**X**	Set 1	6		5		4		3		2		2	
				Set 2	6		5		4		3		2		2	
				Set 3	6		5		4		3		2			
				Set 4	6		5									
D1	**Split Stance Jumps**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**Go to D2**	Tempo:	**X**	Set 1	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R		2 L/R	
				Set 2	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R		2 L/R	
				Set 3	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R			
				Set 4	6 L/R		5 L/R									
D2	**Split Stance Pallof Press**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**303**	Set 1	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R		2 L/R	
				Set 2	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R		2 L/R	
				Set 3	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R			
				Set 4	6 L/R		5 L/R									
E1	**Cable Plank Straight Arm Pull Down**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**Go to E1**	Tempo:	**303**	Set 1	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R			
				Set 2	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R			
				Set 3	6 L/R		5 L/R		5 L/R							
				Set 4	6 L/R		5 L/R									
E2	**Cable Lateral Rasises**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**101**	Set 1	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R			
				Set 2	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R			
				Set 3	6 L/R		5 L/R		5 L/R							
				Set 4	6 L/R		5 L/R									
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												

Paddle Monster Dryland Training - Advanced Program

Training Group	Training Level	Macrocycle	Mesocycle	Microcycle Dates - Week Start	Focus
SUP Northern Hemi	Advanced	2023	Cycle 11	Sept 11-Oct 22	Race / Peak 3

Wednesday - Strength 1

Program Order: Warm Up > Resistance > Balance > Endurance > Cool down

WARM UP

1) General aerobic cardio (any mode)	10 minutes
2) Cat / Camel	10 repetitions
3) Shoulder Wall Slides	10 repetitions
4) Sumo Squat to Stand	10 repetitions
5) Frankenstein to Airplane	5 reps each side
6) Knee Hug > Backward Lunge > Double Rotation	5 reps each side
7) Sumo Squat > Double Lateral Lunge > Ground Touch	5 repetitions

BALANCE

NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM

COOL DOWN

1) Aerobic cardio (spin bike preferred)	10 minutes
2) Standing Bench Hamstring w Rotation	2 x 10 each leg
2) Kneeling hip flexor	2 x 30 sec each leg
4) Prone Cobra to Downward Dog (hold 5 sec each)	10 repetitions

RESISTANCE TRAINING

Notes: *Tempos are shorter, no eccentrics to minimize any muscle soreness. No Wednesday training on week 6 race week.*
As we get closer to racing volume (reps and sets) go down. You can either keep the weight the same OR increase, BUT DO NO GO TO FAILURE! At least 2 in the tank!

#	Exercise				wk1		wk2		wk3		wk4		wk5		wk6	
A1	One Arm Dumbell Row				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to A2	Tempo:	101	Set 1	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R		No Lift	
				Set 2	6 L/R		5 L/R		5 L/R		4 L/R		3 L/R			
				Set 3	6 L/R		5 L/R		5 L/R		4 L/R					
				Set 4	6 L/R		5 L/R									
A2	Two Arm Straight Arm Pull Down				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	101	Set 1	6		5		4		3		2			
				Set 2	6		5		4		3		2			
				Set 3	6		5		4		3		2			
				Set 4	6		5									
B1	Barbell Squat				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to B2	Tempo:	101	Set 1	6		5		4		3		2			
				Set 2	6		5		4		3		2			
				Set 3	6		5		4		3		2			
				Set 4	6		5									
B2	DB Incline Bench Press				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	101	Set 1	6		5		4		3		2			
				Set 2	6		5		4		3		2			
				Set 3	6		5		4		3		2			
				Set 4	6		5									
C1	Cable Tall Kneeling Vertical Pallof				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C2	Tempo:	313	Set 1	8 L/R		6 L/R		6 L/R		5 L/R		4 L/R			
				Set 2	8 L/R		6 L/R		6 L/R		5 L/R		4 L/R			
				Set 3	8 L/R		6 L/R		6 L/R		5 L/R					
				Set 4	8 L/R		6 L/R									
C2	Landmine Rotations				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	101	Set 1	8 L/R		6 L/R		6 L/R		5 L/R		4 L/R			
				Set 2	8 L/R		6 L/R		6 L/R		5 L/R		4 L/R			
				Set 3	8 L/R		6 L/R		6 L/R		5 L/R					
				Set 4	8 L/R		6 L/R									
D1	Standing Cable Reverse Flys				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to D2	Tempo:	101	Set 1	10		8		8		6		6			
				Set 2	10		8		8		6		6			
				Set 3	10		8		8		6					
				Set 4	10		8									
D2	Cable Rotations High to Low				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	101	Set 1	8 L/R		6 L/R		6 L/R		5 L/R		4 L/R			
				Set 2	8 L/R		6 L/R		6 L/R		5 L/R		4 L/R			
				Set 3	8 L/R		6 L/R		6 L/R		5 L/R					
				Set 4	8 L/R		6 L/R									
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												

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Friday - Endurance 1

Program Order: Warm Up > Resistance > Balance > Endurance > Cool down

WARM UP

1) General aerobic cardio (any mode)	10 minutes
2) Cat / Camel	10 repetitions
3) Shoulder Wall Slides	10 repetitions
4) Sumo Squat to Stand	10 repetitions
5) Frankenstein to Airplane	5 reps each side
6) Knee Hug > Backward Lunge > Double Rotation	5 reps each side
7) Sumo Squat > Double Lateral Lunge > Ground Touch	5 repetitions

BALANCE

NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM

COOL DOWN

1) Aerobic cardio (spin bike preferred)	10 minutes
2) Standing Bench Hamstring w Rotation	2 x 10 each leg
2) Kneeling hip flexor	2 x 30 sec each leg
4) Prone Cobra to Downward Dog (hold 5 sec each)	10 repetitions

RESISTANCE TRAINING

Notes: *No Friday workout on race week 5 and 6. If you are racing other weeks take the Friday off those weeks as well.*
As we get closer to racing volume (reps and sets) go down. You can either keep the weight the same OR increase, BUT DO NO GO TO FAILURE! At least 2 in the tank!

#	Exercise				wk1		wk2		wk3		wk4		wk5		wk6	
A1	Bodyrow (BB or TRX)				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to A2	Tempo:	X	Set 1	20		15		12		10		No Lift		No Lift	
				Set 2	20		15		12		10					
				Set 3	20		15		12		10					
				Set 4	20		15									
A2	DB Lunges				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	60 sec	Tempo:	101	Set 1	8 L/R		6 L/R		5 L/R		4 L/R					
				Set 2	8 L/R		6 L/R		5 L/R		4 L/R					
				Set 3	8 L/R		6 L/R		5 L/R		4 L/R					
				Set 4	8 L/R		6 L/R									
B1	Explosive Push Ups				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	X	Set 1	20		15		12		10					
				Set 2	20		15		12		10					
				Set 3	20		15		12		10					
				Set 4	20		15									
B2	Landmine Row				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to B2	Tempo:	X	Set 1	8 L/R		6 L/R		5 L/R		4 L/R					
				Set 2	8 L/R		6 L/R		5 L/R		4 L/R					
				Set 3	8 L/R		6 L/R		5 L/R		4 L/R					
				Set 4	8 L/R		6 L/R									
C1	Bench Seated Double Biceps Curl				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C2	Tempo:	101	Set 1	20		15		12		10					
				Set 2	20		15		12		10					
				Set 3	20		15		12		10					
				Set 4	20		15									
C2	Barbell Skull Crushers				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C3	Tempo:	101	Set 1	20		15		12		10					
				Set 2	20		15		12		10					
				Set 3	20		15		12		10					
				Set 4	20		15									
C3	Cable Lateral Raises				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C4	Tempo:	101	Set 1	20		15		12		8					
				Set 2	20		15		12		8					
				Set 3	20		15		12		8					
				Set 4												
C4	Stability Ball / Abwheel Rollouts				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	303	Set 1	12		10		8		6					
				Set 2	12		10		8		6					
				Set 3	12		10		8		6					
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												