Paddle Monster Dryland Training - Intermediate Program

Training Group	Training Level	Macrocycle	Mesocycle	Microcycle Dates - Week Start	Focus
SUP Northern Hemi	Intermediate	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	8		6		4		3		2		2	
				Set 2	8		6		4		3		2		2	
				Set 3	8		6		4		3					
				Set 4												
B1	Kettlebell Swing				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	X	Set 1	15		12		10		8		6		4	
				Set 2	15		12		10		8		6		4	
				Set 3	15		12		10		8		6			
				Set 4												
C1	Bench Press				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	X	Set 1	8		6		4		3		2		2	
				Set 2	8		6		4		3		2		2	
				Set 3	8		6		4		3					
				Set 4												
D1	Split Stance Jumps				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to D2	Tempo:	X	Set 1	8 L/R		7 L/R		6 L/R		5 L/R		4 L/R			
				Set 2	8 L/R		7 L/R		6 L/R		5 L/R		4 L/R			
				Set 3	8 L/R		7 L/R		6 L/R		5 L/R					
				Set 4												
D2	Split Stance Pallof Press				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to D3	Tempo:	101	Set 1	6 L/R		5 L/R		4 L/R		3 L/R		3 L/R			
				Set 2	6 L/R		5 L/R		4 L/R		3 L/R		3 L/R			
				Set 3	6 L/R		5 L/R		4 L/R		3 L/R					
				Set 4												
D3	Cable Plank Straight Arm Pull Down				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		4 L/R		3 L/R		3 L/R			
				Set 2	6 L/R		5 L/R		4 L/R		3 L/R		3 L/R			
				Set 3	6 L/R		5 L/R		4 L/R		3 L/R					
				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												
					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 - Intermediate Program

Training Group	Training Level	Macrocycle	Mesocycle	Microcycle Dates - Week Start	Focus
SUP Northern Hemi	Intermediate	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	
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
A1	One Arm Dumbell Row															
Rest:	Go to A2	Tempo:	101	Set 1	6L/R		5 L/R		4 L/R		3 L/R		2 L/R		No Lift	
				Set 2	6L/R		5 L/R		4 L/R		3 L/R		2 L/R			
				Set 3	6L/R		5 L/R		4 L/R		3 L/R					
				Set 4												
A2	Two Arm Straight Arm Pull Down															
Rest:	90 sec	Tempo:	101	Set 1	6		5		4		3		2			
3 second eccentric (bottom to top)				Set 2	6		5		4		3		2			
				Set 3	6		5		4		3					
				Set 4												
B1	Barbell Squat															
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					
				Set 4												
B2	DB Incline Bench Press															
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					
				Set 4					6							
C1	Cable Tall Kneeling Vertical Pallof															
Rest:	Go to C2	Tempo:	313	Set 1	8 L/R		6 L/R		5 L/R		4 L/R		3 L/R			
				Set 2	8 L/R		6 L/R		5 L/R		4 L/R		3 L/R			
				Set 3	8 L/R		6 L/R		5 L/R		4 L/R					
				Set 4												
C2	Landmine Rotations															
Rest:	90 sec	Tempo:	101	Set 1	8 L/R		6 L/R		5 L/R		4 L/R		3 L/R			
				Set 2	8 L/R		6 L/R		5 L/R		4 L/R		3 L/R			
				Set 3	8 L/R		6 L/R		5 L/R		4 L/R					
				Set 4												
D1	Standing Cable Reverse Flys															
Rest:	Go to D2	Tempo:	101	Set 1	8		6		5		4					
				Set 2	8		6		5		4					
				Set 3	8		6		5		4					
				Set 4												
D2	Cable Rotations High to Low															
Rest:	90 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												
					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												

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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	
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
A1	Bodyrow (BB or TRX)															
Rest:	Go to A2	Tempo:	X	Set 1	25		20		15		10		No Lift		No Lift	
				Set 2	25		20		15		10					
				Set 3	25		20		15		10					
				Set 4												
A2	DB Lunges															
Rest:	Go to A3	Tempo:	101	Set 1	12 L/R		10 L/R		8 L/R		6 L/R					
				Set 2	12 L/R		10 L/R		8 L/R		6 L/R					
				Set 3	12 L/R		10 L/R		8 L/R		6 L/R					
				Set 4												
A3	Explosive Push Ups															
Rest:	90 sec	Tempo:	X	Set 1	25		20		15		10					
				Set 2	25		20		15		10					
				Set 3	25		20		15		10					
				Set 4												
B1	Bench Seated Double Biceps Curl															
Rest:	Go to B2	Tempo:	101	Set 1	20		15		12		8					
				Set 2	20		15		12		8					
				Set 3	20		15		12		8					
				Set 4												
B1	Barbell Skull Crushers															
Rest:	90 sec	Tempo:	101	Set 1	20		15		12		8					
				Set 2	20		15		12		8					
				Set 3	20		15		12		8					
				Set 4												
C1	Cable Lateral Raises															
Rest:	Go to C2	Tempo:	101	Set 1	20		15		12		8					
				Set 2	20		15		12		8					
				Set 3	20		15		12		8					
				Set 4												
C2	Stability Ball / Abwheel Rollouts															
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												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												