

Intermediate Fall Program **Training Plan Week #51, October 16 - 22, 2023**



Week 51 of the 2023 season sees return to a high workload for the entire week except for Friday and Saturday for those racing Chattajack. For all others, the Saturday load is higher. New work has been introduced for Tuesday to provide you with a chance to work on speed. Next week will see an extremely light load for those doing Chattajack as they will be fully into the peaking process. For all others I will provide higher load work.

If you have any questions or concerns please reach out to me in the coach's convo. I will be happy to answer your questions and address your concerns or provide modifications as needed.

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: 2 | | Micro: 4 | | Date: Oct 16 - 22, Intensification | | | | | |
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| Totals: | | Days training: 6 | | Paddle: 5 | | Cardio: 1 | | Strength: 3 | | Other: | |
| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | |
| WORKOUTS | <p>Paddle: 5 x 10 min alternating 1 min at level 2 and 1 min at level 3, 1 min rest</p> <p>Strength: Day 1 from the Strength Program or your own routine</p> | <p>Paddle: pre-race warm up followed by: 6 x 1 min all out, 4 min rest.</p> <p>10 min level 2 cool down either paddling or cardio. If paddling, try to make sure your technique is optimal</p> | <p>Paddle: 8 x 5 min, mid level 3 paced as evenly as possible, 1 min rest</p> <p>Strength: Day 2 from the strength program or your own routine</p> | <p>Paddle: 4 x 2 km. 1st and 3rd are time controls (cover the distance as fast as you can), 2nd and 4th are alternating 1 min at level 3 and 1 min at level 4. 8 min rest after 1st and 3rd, 5 min rest after 2nd</p> <p>Remember, if you are racing Chattajack, this 2 km work prepares you for the open 2 km of the race and also trains your ability to take turns doing hard leads in the draft train</p> | <p>Strength: Day 3 from the strength program or your own routine</p> <p>Cardio: 30 min steady level 2</p> | <p>Paddle: For those doing Chattajack or training for ultra long races: 2 x 20 min alternating 2 min at level 2, 1 min at level 4 and 2 min at level 3 and repeat. 2 min rest.</p> <p>All others do 5 x 20 and alternate all at 2 min at level 2, 1 min at level 4 and 2 min at level 3. 2 min rest</p> <p>Try not to drop pace too low when going from level 4 to 3 and level 3 to 2.</p> | <p>Paddle: OFF</p> <p>Cardio: OFF</p> <p>Other: OFF</p> <p>Notes: OFF</p> | | | | |
| | NOTES | <p>Prepared for paddlers training with Paddle Monster. Please train and paddle with www.paddlemonster.com.</p> | | | | | | | | | |