

Intermediate Fall Program **Training Plan Week #52, October 23 - 29, 2023**



Week 52 is the culminating week of the 2023 season. For those racing Chattajack or another long race this weekend, the load is very light allowing you to peak for your event. For all others, the load remains high so you can finish the season with a week of solid training and make use of what daylight and good weather are left to maximize your time on the water. Next week will be a week of active rest for all, and then we will begin the 2024 season with the start of the Off-season Program.

If you have any races coming up in the next month or have 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.

Have a great week and if you are racing, good luck!

Larry

Macro: 3		Meso: 2		Micro: 5		Date: Oct 23 - 29, Intensification or peaking							
Totals:		Days training:		Paddle:		Cardio:		Strength:		Other:			
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
WORKOUTS	<p>For those doing Chattajack or other race:</p> <p>Paddle: 3 x 10 min, alternating 1 min at level 2 and 1 min at level 3, 1 min rest</p> <p>NO STRENGTH</p>	<p>For those doing Chattajack or other race:</p> <p>Paddle: 1 set of 15, 30, 45, 30, 15 sec, level 5 effort, 1 min rest, 5 min rest, then 1 x 2 km level 3 paced as evenly as possible</p>	<p>For those doing Chattajack or other race:</p> <p>Paddle: 4 x 5 min, mid level 3 paced as evenly as possible, 1 min rest</p> <p>NO STRENGTH</p>	<p>For those doing Chattajack or other race:</p> <p>OFF or easy paddle: 30 min maximum including a few 20 sec accelerations with lots of rest and 1 x 5 min level 3 steady pace.</p>	<p>For those doing Chattajack or other race:</p> <p>Paddle: typical pre-race paddle same as Thursday's. As soon as you feel good, get off the water.</p> <p>NO STRENGTH</p>	<p>Chattajack or other race</p> <p>OR</p> <p>Paddle: 5 x 20 min, 1 x 10 min alternating 2 min at level 2, 1 min at level 4 and 2 min at level 3 and repeat, 2 min rest between each 20/10 min</p>	<p>Paddle: OFF</p> <p>Cardio: OFF</p> <p>Other: OFF</p> <p>Notes: OFF</p>						
	<p>For all others:</p> <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>For all others:</p> <p>Paddle: pre-race warm up followed by: 6 x 1 min all out, 4 min rest. 10 min level 2 cool down either paddling or cardio.</p>	<p>For all others:</p> <p>Paddle: 8 x 5 min, 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>For all others:</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>For all others:</p> <p>Strength: Day 3 from the strength program or your own routine</p> <p>Cardio: 30 min steady level 2</p>								
NOTES													
Prepared for paddlers training with Paddle Monster. Please train and paddle with www.paddlemonster.com .													