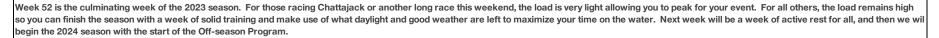
Novice Fall Program Training Plan Week #52, October 23 - 29, 2023



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, Intensifica	ation or peaking			
Totals:	Days training:	Paddle:	Cardio:	Strength:	Other:		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	-	For those doing	For those doing	For those doing	For those doing		Paddle: OFF
	Chattajack or other	Chattajack or other	Chattajack or other	Chattajack or other	Chattajack or other	race	
	race:	race:	race:	race:	race:	OR	Cardio: OFF
	Paddle: 3 x 10 min,	Paddle: 1 set of 15, 30,	Paddle: 3 x 5 min, mid	OFF or easy paddle:	Paddle: typical pre-		Other: OFF
	alternating 1 min at level	45, 30, 15 sec, level 5	level 3 paced as evenly	30 min maximum	race paddle same as	Paddle: 4 x 20 min	
	2 and 1 min at level 3, 1	effort, 1 min rest, 5 min	as possible, 1 min rest	including a few 20 sec	Thursday's. As soon as	alterating 2 min at level	Notes: OFF
	min rest	rest, then 1 x 1 km level		accelerations with lots	you feel good, get off	2, 1 min at level 4 and 2	
		3 paced as evenly as	For all others:	of rest and 1 x 5 min	the water.	min at level 3 and	
	NO STRENGTH	possible		level 3 steady pace.		repeat, 2 min rest	
			Cardio: 45 min steady		NO STRENGTH	between each 20 min	
VORKOUTS	For all others:	For all others:	level 2	For all others:			
					For all others:		
	Paddle: 4 x 10 min	Paddle: pre-race warm		Paddle: 4 x 2 km. 1st			
	alternating 1 min at level	up followed by:		and 3rd are time	Strength: Day 2 from		
	2 and 1 min at level 3, 1			controls (cover the	the strength program or		
	min rest	5 x 1 min all out, 4 min		distance as fast as you	your own routine		
		rest.		can), 2nd and 4th are			
	Strength: Day 1 from			level 3 paced as evenly	Cardio: 30 min steady		
	the Strength Program or	10 min level 2 cool		as possible. 8 min rest	level 2		
	your own routine	down either paddling or		after 1st and 3rd, 5 min			
		cardio.		rest after 2nd			
NOTES			1	1		1	
	Prepared for paddlers training with I	Paddle Monster. Please train and pa	ddle with www.paddlemonster.com				