

# Off-season Warm Novice Training Plan Week #1, October 30 - November 5, 2023



Welcome to week 1 of the 2024 training year which starts with week 1 of the Off-Season Program. This program is for those in warm climates with regular access to open water for paddling through the winter months. If you have just finished your major fall race I strongly suggest taking a week or two of active rest - different than normal activities in which the "work" is unstructured and you can do "as you feel". If you feel ready to begin training, then please paddle up to 3x/week as indicated. The rest of the non-strength work will be land-based cardio until mid January. This land-based work will allow you to begin developing the highest level of general, non-specific, fitness possible which will serve as the base upon which you can build superior paddle specific fitness in the spring. To avoid overuse injuries when the volume of land-based work begins to increase you should consider varying the training activities you chose. The most effective activity options are those that use the most muscle mass and require you to support the greatest amount of your body weight. So, activities like running, xc skiing, cycling should ideally make up the bulk of your cardio work. Swimming, though the water supports your weight, is also an excellent option.

This week's objective is to introduce you to the off-season work while letting your body continue to recover from last season's work. Sessions are relatively short, low-level activity (easy paddles and/or cardio). Additionally, we are establishing baselines for your fitness through land-based strength and cardio testing. Training for the next three weeks will follow this format and be comparatively light as we set a foundation and prepare for much harder work to come. We will build the training load slowly so we have room to keep increasing the load into the new year. There is little to be gained by rushing to do high load work now and trying maintain that level throughout the winter except for the likelihood of burnout or overtraining.

As testing may be a new element to your training and many of you may need to rearrange the order of the workouts in this program to meet your personal schedules, please contact me in the program discussion if you have questions or need guidance with the rearranging the order of the workouts. Also, if you are racing an important event in the coming weeks you should contact me in the coach's convos for the customized work you will need.

Please join me for a Zoom discussion on this year's off season training on Monday, Nov 6 at 7:00 p.m. You can contact me in the coach's convo for the link.

Larry

Macro: 1	Meso: 1	Micro: 1	Date: Oct 30 - Nov 5, Adaptation/Testing				
Totals:	Days training: 6	Paddle: 2 - 3	Cardio: 3 - 4	Strength: 3	Other:		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WORKOUTS	<b>Strength: TESTING:</b> 1. Bench press 50% body weight max number of reps  2. Bench pull 50% body weight max number of reps. If you do not have access to a bench pull set up then do maximum number of body rows.  3. Chin ups max number of reps (if you cannot do a chin up please do lat pulldown with 50% of body weight)  <b>Active rest</b>  OR  <b>Cardio:</b> 30 min steady level 3	<b>Active rest</b>  OR  <b>Paddle:</b> 30 min "technique and changing tempo" (level 2 to 3 working on technique with occasional bits of higher intensity if you feel it's appropriate. Technique is the primary focus, not the "work")	<b>Cardio: TESTING:</b>  5 km run (3.1 miles)  If you cannot run then try to find another cardio activity, for example a stationary bike, that measures distance and use this for your test.	<b>Active rest</b>  OR  <b>Paddle:</b> 35 min steady level 2	<b>Strength: TESTING:</b> 1. Bench press: 60% of body weight max number of reps  2. Bench pull: 60% of body weight max number of reps (if you do not have access to a bench pull set up then repeat Monday's test for maximum number of boy rows  <b>Active rest</b>  OR  <b>Cardio:</b> 30 min steady level 2	<b>Active rest</b>  OR  <b>Cardio or paddle:</b> 30 min steady level 2	<b>Paddle: OFF</b>  <b>Cardio: OFF</b>  <b>Other: OFF</b>  <b>Notes: OFF</b>
	NOTES						

Prepared for paddlers training with Paddle Monster. Please train and paddle with [www.paddlemonster.com](http://www.paddlemonster.com).

**Basic Strength Weight Circuit #1**

15 reps/exercise. Complete one set and move to next exercise. Use only the time it takes to switch exercises as rest. Complete the number of rounds indicated. Use a weight that is not difficult to do 1 rep/sec for all 15 reps. Do not approach failure. You should always leave at least 5 reps in the tank. Videos of these exercises should either be found in the strength video library or in the Leg Circuit post:

<https://paddlemoanster.com/intermediate-paddler/strength-for-sup-leg-circuit-to-improve-power-endurance-and-stability/>

1. Bench Press
2. Bench Pull
3. Split squat jumps
4. Side bends
5. Push ups
6. Body rows
7. Squat Jumps
8. V-tucks
9. Overhead barbell press
10. Lat pull down
11. Skating motion
12. Crunches