

# Novice Southern Hemi Pre-Competitive Training Plan Week #31, October 23 - 29, 2023



Week 31 of the 2023 - 24 training year is week 5 of the Pre-Competitive Program, preparing paddlers for 2023/24 racing season. This week sees a continued higher training load with the same structure as last week and incremental increases in load.

As always, technique should be a priority. Try to find time in your warm ups and cool downs to do some technique drills and, if you can, acquire some video that you can assess to find out now what specific improvements you can make to your technique. If you have any questions, please reach out to me in convos.

Those that have races in the next several weeks will need specialized work and should contact me in convos for a personal program. You can still race effectively while focusing on this type of off-season work, but it is useful to make some well thought out modifications to the program. I am happy to help with that.

Have a great week!

Larry

Macro: 3	Meso: 1	Micro: 5	Date: Oct 23 - 29, Accumulation				
Totals:	Days training: 6	Paddle: 4	Cardio: 1	Strength: 2	Other:		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WORKOUTS	<p><b>Paddle:</b> 1 x 10 min, 2 x 6 min, 1 x 10 min, 2 x 6 min, 1 x 10 min. 10 min at level 2, 6 min at level 3 with the last 30 sec at level 4. 1 min rest</p> <p><b>Strength:</b> Day 1 from the strength program</p>	<p><b>Paddle:</b> 10 min steady level 2 3 sets of 12 x 30 sec hard (level 4), 30 sec rest with 3 min rest between sets. 10 min steady level 2</p> <p>Try to accelerate as fast as you can at the beginning of each piece before settling into level 4 traveling pace.</p>	<p><b>Cardio:</b> 50 min steady level 3</p>	<p><b>Paddle:</b> 1 x 5 km with turn at 2.5 km, time control (cover the distance as fast as you can), 1 x 4 km level 3 paced as evenly as possible with turn at 2 km. 8 min rest.</p>	<p><b>Strength:</b> Day 2 from the strength program</p>	<p><b>Paddle:</b> 10, 8, 6, 4, 2, 3, 5, 7, 9 min.  10, 9, 8, 7 min at level 2 6, 5, 4, 3 min at level 3 2 min at level 4  30 sec rest after level 2 1 min rest after level 3 2 min rest after level 4</p>	<p><b>Paddle:</b> OFF  <b>Cardio:</b> OFF  <b>Other:</b> OFF  <b>Notes:</b> OFF</p>
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