

Program
SUP

Hemi
Northern

Season
In-Season

Phase
Phase 11

Focus
Race / Peak 3

Strength this week is only for those that are not racing Chattajack or another event. Those racing should NOT do strength this week, saving their energy and nervous system for the weekend's race effort.

As this week is the culminating week of the 2023 season, next week will see a new strength program - Phase 1 of the 2024 training season.

For those not racing this week, please do week 1 from this program this week. Then, next week, you'll find the new program posted for 2024 phase 1.

Happy training and, if you are racing, good luck!

Larry



Paddle Monster Dryland Training - Advanced Program



Training Group SUP / OC Northern Hemi	Training Level Advanced	Macrocycle year	Mesocycle Cycle 11	Microcycle Dates - Week Start 6 weeks	Focus Race / Peak 3
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Monday - Power 1

Program Order: Warm Up > Resistance > Balance > Endurance > Cool down

WARM UP	1) General aerobic cardio (any mode)	10 minutes	BALANCE	NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM	
	2) Cat / Camel	10 repetitions			
	3) Shoulder Wall Slides	10 repetitions	COOL DOWN	1) Aerobic cardio (spin bike preferred)	10 minutes
	4) Sumo Squat to Stand	10 repetitions		2) Lying Rope Hamstring	2 x 30 sec each leg
	5) Frankenstein to Airplane	5 reps each side		3) Kneeling hip flexor	2 x 30 sec each leg
	6) Knee Hug > Backward Lunge > Double Rotation	5 reps each side		4) Prone Cobra to Downward Dog (hold 5 sec each)	10 repetitions
	7) Sumo Squat > Double Lateral Lunge > Ground Touch	5 repetitions		5) Child's pose with Lat Stretch	2 x 30 sec each L/C/R

RESISTANCE TRAINING

Notes: *This program is a taper/unload for racing. During race weeks try to stick to 1 lift that week (early in the week) unless you are training through the race. As we get closer to racing volume (reps and sets) go down. You can either keep the weight the same OR increase, BUT DO NO GO TO FAILURE! At least 2 in the tank!*

#	Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
A1	Bench Pull or Horizontal Row	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 90 sec Tempo: X Set 1	6	5	4	3	2	2
	Set 2	6	5	4	3	2	2
	Set 3	6	5	4	3	2	
	Set 4	6	5				
B1	Kettlebell Swing	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 90 sec Tempo: X Set 1	12	10	10	8	6	6
	Hips drive the movement! Set 2	12	10	10	8	6	6
	Set 3	12	10	10	8	6	
	Set 4	12	10				
C1	Bench Press	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 90 sec Tempo: X Set 1	6	5	4	3	2	2
	Set 2	6	5	4	3	2	2
	Set 3	6	5	4	3	2	
	Set 4	6	5				
D1	Split Stance Jumps	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: Go to D2 Tempo: X Set 1	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	2 L/R
	Set 2	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	2 L/R
	Set 3	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	
	Set 4	6 L/R	5 L/R				
D2	Split Stance Pallof Press	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 90 sec Tempo: 303 Set 1	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	2 L/R
	Set 2	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	2 L/R
	Set 3	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	
	Set 4	6 L/R	5 L/R				
E1	Cable Plank Straight Arm Pull Down	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: Go to E1 Tempo: 303 Set 1	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	
	Set 2	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	
	Set 3	6 L/R	5 L/R	5 L/R			
	Set 4	6 L/R	5 L/R				
E2	Cable Lateral Rasises	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 90 sec Tempo: 101 Set 1	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	
	Set 2	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	
	Set 3	6 L/R	5 L/R	5 L/R			
	Set 4	6 L/R	5 L/R				
	Rest: Tempo: Set 1						
	Set 2						
	Set 3						
	Set 4						
	Rest: Tempo: Set 1						
	Set 2						
	Set 3						
	Set 4						



Paddle Monster Dryland Training - Advanced Program



Training Group	Training Level	Macrocycle	Mesocycle	Microcycle Dates - Week Start	Focus
SUP / OC Northern Hemi	Advanced	year	Cycle 11	6 weeks	Race / Peak 3

Wednesday - Strength 1

Program Order: Warm Up > Resistance > Balance > Endurance > Cool down

WARM UP	1) General aerobic cardio (any mode)	10 minutes	BALANCE	NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM	
	2) Cat / Camel	10 repetitions			
	3) Shoulder Wall Slides	10 repetitions	COOL DOWN	1) Aerobic cardio (spin bike preferred)	10 minutes
	4) Sumo Squat to Stand	10 repetitions		2) Lying Rope Hamstring	2 x 30 sec each leg
	5) Frankenstein to Airplane	5 reps each side		3) Kneeling hip flexor	2 x 30 sec each leg
	6) Knee Hug > Backward Lunge > Double Rotation	5 reps each side		4) Prone Cobra to Downward Dog (hold 5 sec each)	10 repetitions
	7) Sumo Squat > Double Lateral Lunge > Ground Touch	5 repetitions		5) Child's pose with Lat Stretch	2 x 30 sec each L/C/R

RESISTANCE TRAINING

Notes: *Tempo are shorter, no eccentrics to minimize any muscle soreness. No Wednesday training on week 6 race week. As we get closer to racing volume (reps and sets) go down. You can either keep the weight the same OR increase, BUT DO NO GO TO FAILURE! At least 2 in the tank!*

#	Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6 (Oct 21)
A1	One Arm Dumbbell Row	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: Go to A2 Tempo: 101 Set 1	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	No Lift
	Set 2	6 L/R	5 L/R	5 L/R	4 L/R	3 L/R	
	Set 3	6 L/R	5 L/R	5 L/R	4 L/R		
	Set 4	6 L/R	5 L/R				
A2	Two Arm Straight Arm Pull Down	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 90 sec Tempo: 101 Set 1	6	5	4	3	2	
	Set 2	6	5	4	3	2	
	Set 3	6	5	4	3		
	Set 4	6	5				
B1	Barbell Squat	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: Go to B2 Tempo: 101 Set 1	6	5	4	3	2	
	Set 2	6	5	4	3	2	
	Set 3	6	5	4	3		
	Set 4	6	5				
B2	DB Incline Bench Press	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 90 sec Tempo: 101 Set 1	6	5	4	3	2	
	Set 2	6	5	4	3	2	
	Set 3	6	5	4	3		
	Set 4	6	5				
C1	Cable Tall Kneeling Vertical Pallof	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: Go to C2 Tempo: 313 Set 1	8 L/R	6 L/R	6 L/R	5 L/R	4 L/R	
	Set 2	8 L/R	6 L/R	6 L/R	5 L/R	4 L/R	
	Set 3	8 L/R	6 L/R	6 L/R	5 L/R		
	Set 4	8 L/R	6 L/R				
C2	Landmine Rotations	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 90 sec Tempo: 101 Set 1	8 L/R	6 L/R	6 L/R	5 L/R	4 L/R	
	Set 2	8 L/R	6 L/R	6 L/R	5 L/R	4 L/R	
	Set 3	8 L/R	6 L/R	6 L/R	5 L/R		
	Set 4	8 L/R	6 L/R				
D1	Standing Cable Reverse Flys	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: Go to D2 Tempo: 101 Set 1	10	8	8	6	6	
	Set 2	10	8	8	6	6	
	Set 3	10	8	8	6		
	Set 4	10	8				
D2	Cable Rotations High to Low	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 90 sec Tempo: 101 Set 1	8 L/R	6 L/R	6 L/R	5 L/R	4 L/R	
	Set 2	8 L/R	6 L/R	6 L/R	5 L/R	4 L/R	
	Set 3	8 L/R	6 L/R	6 L/R	5 L/R		
	Set 4	8 L/R	6 L/R				
	Rest: Tempo: Set 1						
	Set 2						
	Set 3						
	Set 4						
	Rest: Tempo: Set 1						
	Set 2						
	Set 3						
	Set 4						



Paddle Monster Dryland Training - Advanced Program



Training Group SUP / OC Northern Hemi	Training Level Advanced	Macrocycle year	Mesocycle Cycle 11	Microcycle Dates - Week Start 6 weeks	Focus Race / Peak 3
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Friday - Endurance 1

Program Order: Warm Up > Resistance > Balance > Endurance > Cool down

WARM UP	1) General aerobic cardio (any mode)	10 minutes	BALANCE	
	2) Cat / Camel	10 repetitions		
	3) Shoulder Wall Slides	10 repetitions	COOL DOWN	
	4) Sumo Squat to Stand	10 repetitions		
	5) Frankenstein to Airplane	5 reps each side		
	6) Knee Hug > Backward Lunge > Double Rotation	5 reps each side		
	7) Sumo Squat > Double Lateral Lunge > Ground Touch	5 repetitions		
				NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM
				1) Aerobic cardio (spin bike preferred) 10 minutes
				2) Lying Rope Hamstring 2 x 30 sec each leg
				3) Kneeling hip flexor 2 x 30 sec each leg
				4) Prone Cobra to Downward Dog (hold 5 sec each) 10 repetitions
				5) Child's pose with Lat Stretch 2 x 30 sec each L/C/R

RESISTANCE TRAINING

Notes: No Friday workout on race week 5 and 6. If you are racing other weeks take the Friday off those weeks as well.
As we get closer to racing volume (reps and sets) go down. You can either keep the weight the same OR increase, BUT DO NO GO TO FAILURE! At least 2 in the tank!

#	Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
A1	Bodyrow (BB or TRX)	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: Go to A2 Tempo: X Set 1	20	15	12	10	No Lift	No Lift
	Set 2	20	15	12	10		
	Set 3	20	15	12	10		
	Set 4	20	15	12	10		
A2	DB Lunges	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 60 sec Tempo: 101 Set 1	8 L/R	6 L/R	5 L/R	4 L/R		
	Set 2	8 L/R	6 L/R	5 L/R	4 L/R		
	Set 3	8 L/R	6 L/R	5 L/R	4 L/R		
	Set 4	8 L/R	6 L/R	5 L/R	4 L/R		
B1	Explosive Push Ups	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 90 sec Tempo: X Set 1	20	15	12	10		
	Set 2	20	15	12	10		
	Set 3	20	15	12	10		
	Set 4	20	15	12	10		
B2	Landmine Row	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: Go to B2 Tempo: X Set 1	8 L/R	6 L/R	5 L/R	4 L/R		
	Set 2	8 L/R	6 L/R	5 L/R	4 L/R		
	Set 3	8 L/R	6 L/R	5 L/R	4 L/R		
	Set 4	8 L/R	6 L/R	5 L/R	4 L/R		
C1	Bench Seated Double Biceps Curl	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: Go to C2 Tempo: 101 Set 1	20	15	12	10		
	Set 2	20	15	12	10		
	Set 3	20	15	12	10		
	Set 4	20	15	12	10		
C2	Barbell Skull Crushers	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: Go to C3 Tempo: 101 Set 1	20	15	12	10		
	Set 2	20	15	12	10		
	Set 3	20	15	12	10		
	Set 4	20	15	12	10		
C3	Cable Lateral Raises	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: Go to C4 Tempo: 101 Set 1	20	15	12	8		
	Set 2	20	15	12	8		
	Set 3	20	15	12	8		
	Set 4						
C4	Stability Ball / Abwheel Rolouts	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Rest: 90 sec Tempo: 303 Set 1	12	10	8	6		
	Set 2	12	10	8	6		
	Set 3	12	10	8	6		
	Set 4						
	Rest: Tempo: Set 1						
	Set 2						
	Set 3						
	Set 4						
	Rest: Tempo: Set 1						
	Set 2						
	Set 3						
	Set 4						