YearProgramHemiSeasonPhaseFocusSUPNorthernIn-SeasonPhase 11Race / 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 - Elite Program



Microcycle Dates - Week Start Focus Training Level Macrocycle Mesocycle SUP/OC Cycle 11 Race / Peak 3 Elite year 6 weeks Monday - Power 1 Program Order: Warm Up > Resistance > Balance > Endurance > Cool down 1) General aerobic cardio (any mode) BALANCE 10 repetitions 2) Cat / Camel 10 repetitions 3) Shoulder Wall Slides 4) Sumo Squat to Stand 10 repetitions NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM

WARM

5) Frankenstein to Airplane 5 reps each side DOWN 5 reps each side 6) Knee Hug > Backward Lunge > Double Rotation 7) Sumo Squat > Double Lateral Lunge > Ground Touch 5 repetitions

1) Aerobic cardio (spin bike preferred) 2 x 30 sec each les 2) Lying Rope Hamstring 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

00C

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 Pu	III or Horiuz	ontal R	ow	Reps	Weight										
Rest:	90 sec	Tempo:	х	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	Ke	ettlebell Sw	ving		Reps	Weight										
Rest:	90 sec	Tempo:	х	Set 1	12		10		10		8		6		6	
Hips driv	Hips drive the movement! Set 2						10		10		8		6		6	
				Set 3	12		10		10		8		6			
				Set 4	12		10									
C1		Bench Pres	SS		Reps	Weight										
Rest:	90 sec	Tempo:	Х	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	Spl	it Stance Ju	umps		Reps	Weight										
Rest:	Go to D2	Tempo:	Х	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 9	of Press		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		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			Down	Reps	Weight										
Rest:	Go to E1	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									
E2		asises		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									
					Reps	Weight										
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												
2		T		C-+ 4	Reps	Weight										
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												



Paddle Monster Dryland Training - Elite Program



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

Wednesday - Strength 1

6) Knee Hug > Backward Lunge > Double Rotation

7) Sumo Squat > Double Lateral Lunge > Ground Touch

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

9 WARM I 1) General aerobic cardio (any mode) BALANCE 2) Cat / Camel 10 repetition 10 repetitions 3) Shoulder Wall Slides 4) Sumo Squat to Stand 10 repetitions DOWN 5 reps each side 5) Frankenstein to Airplane

NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM

10 minutes 1) Aerobic cardio (spin bike preferred) 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) 5) Child's pose with Lat Stretch

10 repetitions 2 x 30 sec each L/C/R

RESISTANCE TRAINING

COOL

Notes: Tempos 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!

5 reps each side

5 repetitions

#		Exercise			Wee	k 1	Week 2		Week 3		Week 4		Week 5		Week 6	
A1	One	Arm Dumb	ell 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 Arı	m Pull D	own	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 Squ	ıat		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	DBI	ncline Benc	h 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 V	ertical P		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C2	Tempo:	111	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	Lar	ndmine Rota	ations		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	Standin	ng Cable Rev	verse Fly	ys	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 R	otations Hi	gh to Lo	w	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									
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												



Paddle Monster Dryland Training - Elite Program



10 minutes

10 repetitions

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

Friday - Endurance 1

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

10 minutes 1) General aerobic cardio (any mode) BALANCE 10 repetitions 2) Cat / Camel 10 repetitions 3) Shoulder Wall Slides NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM 4) Sumo Squat to Stand 10 repetitions 5) Frankenstein to Airplane 5 reps each side 1) Aerobic cardio (spin bike preferred)

COOL DOWN 6) Knee Hug > Backward Lunge > Double Rotation 5 reps each side 2) Lying Rope Hamstring 2 x 30 sec each leg 7) Sumo Squat > Double Lateral Lunge > Ground Touch 5 repetitions 3) Kneeling hip flexor 2 x 30 sec each leg 4) Prone Cobra to Downward Dog (hold 5 sec each) 5) Child's pose with Lat Stretch 2 x 30 sec each L/C/R

RESISTANCE TRAINING

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 increas ht the same OR increase, BUT DO NO GO TO FAILURE! At least 2 in the tank!

Notes.	As we get		icing vo	lume (rep			an either keep the weight the same OR increase, B				1					
#		Exercise			We		Week 2		Week 3		Week 4		Week 5		Week 6	
A1		yrow (BB o			Reps	Weight	Reps	Weight	Reps	Weight	Reps Weight		Reps Weight		Reps Weigh	
Rest:	Go to A2	Tempo:	х	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									
A2		DB Lunge	s		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	60 sec	Tempo:	х	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									
B1	Explosive Push Ups				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	х	Set 1	20		15		12		10					
				Set 2	20		15		12		10					
				Set 3	20		15		12		10					
				Set 4	20		15									
B2		Landmine R			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to B2	Tempo:	х	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									
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									
C2		ell Skull Cr			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					
СЗ	Cal	ole Lateral F	alaaa	Set 4	20		15		_		_		_		_	
Rest:	Go to C4	Tempo:	101	Set 1	Reps	Weight	Reps 15	Weight	Reps 12	Weight	Reps 8	Weight	Reps	Weight	Reps	Weight
Rest.	G0 10 C4	rempo.	101	Set 2	20 20		15		12		8					
				Set 3	20		15		12		8					
				Set 4	20		13		12		0					
C4	Stability Ball / Abwheel Rollouts				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	101	Set 1	12	weight	10	**Cigit	8	weight	6	····giik	перз	W.C.B.II.	Керз	···cigin.
nest.	30 300	rempo.		Set 2	12		10		8		6					
				Set 3	12		10		8		6					
				Set 4			10		· ·		Ů					
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1		-		-		-		-		_		-
				Set 2												
				Set 3												
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												