ProgramHemiSeasonPhaseFocusSUPNorthemIn-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 - Home Program



Training Group Training Level SUP/OC Novice /

Macrocycle Cycle 11

Microcycle Dates - Week Start Mesocycle

Race / Peak 3 6 weeks

Monday - Strength/Power 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

10 minutes 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 COOL DOWN 5) Frankenstein to Airplane 5 reps each side

NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM 1) Aerobic cardio (spin bike preferred) 10 minutes

Focus

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

2 x 30 sec each L/C/R

RESISTANCE TRAINING

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. Notes: 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

#	As we get t	ling voiu	пе (гер	Week 1 Week 2			Week 3		Week 4		Week 5		Weel	. 6		
# A1					Weight		Weight		Weight		Weight	-				
Rest:	Go to A2	Tempo:	х	Set 1	Reps 12	weight	Reps 10	weight	Reps 8	weight	Reps 8	weight	Reps 6	Weight	Reps 4	Weight
	with another pul		^	Set 2	12		10		8		8		6		4	
Substitute	with another pur	ili liecessary		Set 3	12		10		8		0		U		4	
				Set 4	12		10		0							
A2	Single I	eg Squat to	o Bench	3014	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	60 sec	Tempo:	101	Set 1	6 L/R	· · · · · · · · · · · · · · · · · · ·	5 L/R	**Cigit	4 L/R	···cigin	4 L/R	···	3 L/R	······································	2 L/R	· · · · · · · · · · · · · · · · · · ·
	instead of bench			Set 2	6 L/R		5 L/R		4 L/R		4 L/R		3 L/R		2 L/R	
				Set 3	6 L/R		5 L/R		4 L/R		,		,			
				Set 4	,		,		. 4,							
B1	Push	up with Le	g Lift		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to B2	Tempo:	х	Set 1	14 L/R		12 L/R		10 L/R		10 L/R		8 L/R		6 L/R	_
	nees if necessary			Set 2	14 L/R		12 L/R		10 L/R		10 L/R		8 L/R		6 L/R	
complete				Set 3	14 L/R		12 L/R		10 L/R		,		,			
				Set 4												
B2	Spl	it Squat Jur	nps		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	60 sec	Tempo:	х	Set 1	10 L/R		8 L/R		6 L/R		6 L/R		4 L/R		4 L/R	
				Set 2	10 L/R		8 L/R		6 L/R		6 L/R		4 L/R		4 L/R	
				Set 3	10 L/R		8 L/R		6 L/R							
				Set 4												
C1 Front Plank w Alternating Arms					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C2	Tempo:	hold	Set 1	2 x 30 sec		2 x 30 sec		2 x 30 sec		2 x 30 sec		2 x 30 sec		2 x 30 sec	
				Set 2	2 x 30 sec		2 x 30 sec		2 x 30 sec		2 x 30 sec		2 x 30 sec			
				Set 3	2 x 30 sec		2 x 30 sec		2 x 30 sec							
				Set 4												
C2	Swo	oping Lego	vers		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C3	Tempo:	101	Set 1	8 L/R		6 L/R		4 L/R		4 L/R		3 L/R		3 L/R	
				Set 2	8 L/R		6 L/R		4 L/R		4 L/R		3 L/R			
				Set 3	8 L/R		6 L/R		4 L/R							
				Set 4												
C3		nk with Le			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C4	Tempo:	hold	Set 1	2 x 15 L/R		2 x 15 L/R		2 x 15 L/R		2 x 15 L/R		2 x 15 L/R		2 x 15 L/R	
Do not rus	h through hold re	ps for 3 sec		Set 2	2 x 15 L/R		2 x 15 L/R		2 x 15 L/R		2 x 15 L/R		2 x 15 L/R			
				Set 3	2 x 15 L/R		2 x 15 L/R		2 x 15 L/R							
Set 4 C4 Single Leg Glute Bridge																
C4					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	131	Set 1	10 L/R		8 L/R		6 L/R		6 L/R		4 L/R		4 L/R	
DO not rus	h through hold re	ps for 3 sec		Set 2	10 L/R		8 L/R		6 L/R		6 L/R		4 L/R			
				Set 3	10 L/R		8 L/R		6 L/R							
				Set 4	Davi	Weight	Reps	Weight	Day:	Weight	De:::	Weight	De	Weight	D	Weight
Rest:		Tempo:		Set 1	Reps	weight	керѕ	weignt	Reps	weignt	Reps	weight	Reps	weight	Reps	weignt
nest.		. сро.		Set 2												
				Set 3												
				Set 4												
				3017	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
nest.		· cpo.		Set 2												
				Set 3												
				Set 4												

Paddle Monster Dryland Training - Home Program

6 weeks



Training Group Training Level SUP/OC Novice / Northern Hemi Intermediate

Mesocycle Cycle 11 year

Microcycle Dates - Week Start

Race / Peak 3

Thursday - Endurance 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

WARM

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 5 reps each side 5) Frankenstein to Airplane

NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM

Focus

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

3) Kneeling hip flexor 2 x 30 sec each leg 10 repetitions

COOL DOWN 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

5 reps each side

5 repetitions

The volume is lower as the goal is racing this phase. If you aren't racing feel free to add sets. Thursday of week 6 (Race week) is off. Notes: If you have multiple race during this block then it is suggest to only do Monday's workout during a race week.

#	,, you mare		9 1.113 2.1	Week		Week 2		Week 3		Week 4		Week 5		Week 6		
A1		Exercise Bodyrow			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to A2	Tempo:	101	Set 1	30		25		20		15		10		No Lift!	
Substitute	with another pul	II if necessary		Set 2	30		25		20		15		10			
				Set 3	30		25		20							
				Set 4												
A2 Bodyweight Squats					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	60 sec	Tempo:	X	Set 1	30		25		20		15		10			
Use chair ir	nstead of bench			Set 2	30		25		20		15		10			
				Set 3	30		25		20							
				Set 4												
B1		Pushups			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to B2	Tempo:	X	Set 1	30		25		20		15		10			
	nees if necessary	to to		Set 2	30		25		20		15		10			
complete n	eps			Set 3	30		25		20							
B2 Bodyweight Lunges												_				
B2 Rest:	60 sec	Tempo:	nges 101	Set 1	Reps 12 L/R	Weight	Reps 10 L/R	Weight	Reps 8 L/R	Weight	Reps 6 L/R	Weight	Reps 4 L/R	Weight	Reps	Weight
Kest:	ьи ѕес	rempo:	101	Set 1			10 L/R 10 L/R		1		6 L/R		1			
				Set 2	12 L/R 12 L/R		10 L/R 10 L/R		8 L/R 8 L/R		U L/ K		4 L/R			
				Set 4	12 L/ N		10 L/ N		O L/ N							
C1 Front Plank					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C2	Tempo:	hold	Set 1	2 x 30 sec		2 x 30 sec		2 x 30 sec		2 x 30 sec		2 x 30 sec			
				Set 2	2 x 30 sec		2 x 30 sec		2 x 30 sec		2 x 30 sec		2 x 30 sec			
				Set 3	2 x 30 sec		2 x 30 sec		2 x 30 sec							
				Set 4												
C2 Swooping Legovers				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	Go to C3	Tempo:	101	Set 1	8 L/R		6 L/R		4 L/R		4 L/R		3 L/R			
				Set 2	8 L/R		6 L/R		4 L/R		4 L/R		3 L/R			
				Set 3	8 L/R		6 L/R		4 L/R							
				Set 4												
C3		ank with Le			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C4	Tempo:	hold	Set 1	2 x 15 L/R		2 x 15 L/R		2 x 15 L/R		2 x 15 L/R		2 x 15 L/R			
Do not rush	n through hold re	eps for 3 sec		Set 2	2 x 15 L/R		2 x 15 L/R		2 x 15 L/R		2 x 15 L/R		2 x 15 L/R			
				Set 3	2 x 15 L/R		2 x 15 L/R		2 x 15 L/R							
C4 Single Leg Glute Bridge				Dav:	Weight	De:-	Weight	Do::	Weight	De:	Weight	Da	Weight	Da.:	1467-1-1	
C4 Rest:	90 sec	Tempo:	131	Set 1	Reps 10 L/R	weight	Reps 8 L/R	weight	Reps 6 L/R	weight	Reps 6 L/R	weight	Reps 4 L/R	weight	Reps	Weight
	n through hold re		131	Set 2	10 L/R 10 L/R		8 L/R		6 L/R		6 L/R		4 L/R 4 L/R			
20001031				Set 3	10 L/R 10 L/R		8 L/R		6 L/R		0 L/ N		7 L/ N			
				Set 4	20 2/11		55,11		"							
					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												