Year
 Program
 Hemi
 Season
 Phase
 Focus

 SUP
 Northern
 In-Season
 Phase 11
 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 - Intermediate Program



Training Group SUP/OC Northern Hem

Training Level

year

Mesocycle

Cycle 11

Microcycle Dates - Week Start

6 weeks

Focus Race / Peak 3

Monday - 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

WARM

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 2) Lying Rope Hamstring 2 x 30 sec each leg

3) Kneeling hip flexor 4) Prone Cobra to Downward Dog (hold 5 sec each) 5) Child's pose with Lat Stretch

2 x 30 sec each leg 10 repetitions

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.

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	Exercise	icing vo	iume (rep	s and sets) go down. You can either keep the weight Week 1 Week 2				T						I work 6	
	D b D	ull or Horiuz	D		Week 1				Week 3		Week 4		Week 5		Week 6	
A1					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	х	Set 1	8		6		4		3		2		2	
				Set 2	8		6		4		3		2		2	
				Set 3	8		6		4		3					
B1	К	ettlebell Sw	ving	Set 4	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	Х	Set 1	15	weight	12	weight	10	weight	8	weight	6	weight	4	weight
		·		Set 2	15		12		10		8		6		4	
				Set 3	15		12		10		8		6			
				Set 4												
C1		Bench Pres	ss		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	х	Set 1	8		6		4		3		2		2	
				Set 2	8		6		4		3		2		2	
				Set 3	8		6		4		3					
				Set 4												
D1	Sp	lit Stance Ju	umps		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to D2	Tempo:	х	Set 1	8 L/R		7 L/R		6 L/R		5 L/R		4 L/R			
				Set 2	8 L/R		7 L/R		6 L/R		5 L/R		4 L/R			
				Set 3	8 L/R		7 L/R		6 L/R		5 L/R					
				Set 4												
D2	Split	Stance Palle	of Press		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to D3	Tempo:	101	Set 1	6 L/R		5 L/R		4 L/R		3 L/R		3 L/R			
				Set 2	6 L/R		5 L/R		4 L/R		3 L/R		3 L/R			
				Set 3	6 L/R		5 L/R		4 L/R		3 L/R					
	C-bl- N	. C ! - L. L. A.	D. III	Set 4												
D3 Rest:		Cable Plank Straight Arm Pull Down 90 sec Tempo: 101 Set 1			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	101	Set 1 Set 2	6 L/R		5 L/R		4 L/R		3 L/R		3 L/R			
				Set 2	6 L/R 6 L/R		5 L/R		4 L/R		3 L/R 3 L/R		3 L/R			
				Set 4	O L/K		5 L/R		4 L/R		3 L/ K					
				3et 4	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1	пера	**Cigit	КСРЗ	*******	перэ	·····	перз	**Cigin	перэ	·····	пер	***************************************
				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												
					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 - Intermediate Program



Wednesday - Strength 1

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

2) Cat / Camel
3) Shoulder Wall Slides
4) Sumo Squat to Stand
5) Frankenstein to Airplane
6) Knee Hug > Backward Lunge > Double Rotation
7) Sumo Squat > Double Lateral Lunge > Ground Touch

1) General aerobic cardio (any mode)

10 minutes
10 repetitions
10 repetitions
10 repetitions
5 reps each side

5 reps each side

5 repetitions

NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM

1) Aerobic cardio (spin bike preferred)

10 minutes 2 x 30 sec each leg

1) Aero 2) Lying 3) Knee 4) Pron 5) Child

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

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

Notes.	As we get		icing vo	lume (rep	s and sets) go down. You can either keep the weight										1	
#		Exercise			Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
A1	One Arm Dumbell Row				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to A2	Tempo:	101	Set 1	6L/R		5 L/R		4 L/R		3 L/R		2 L/R		No Lift	
				Set 2	6L/R		5 L/R		4 L/R		3 L/R		2 L/R			
				Set 3	6L/R		5 L/R		4 L/R		3 L/R					
				Set 4												
A2	Two Arm S				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	101	Set 1	6		5		4		3		2			
3 second ed	ccentric (bottom	to top)		Set 2	6		5		4		3		2			
				Set 3	6		5		4		3					
				Set 4												
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					
		-11 7	L D.	Set 4												
B2		cline Benc			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					
C1	Cable Tall Kneeling Vertical Pallof					W-1-14			6					107-1-14		wtt
Rest:	Go to C2	Tempo:	313	Set 1	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
nest.	G0 10 C2	rempo.	313	Set 2	8 L/R 8 L/R		6 L/R 6 L/R		5 L/R 5 L/R		4 L/R 4 L/R		3 L/R 3 L/R			
				Set 3	8 L/R 8 L/R		6 L/R		5 L/R 5 L/R		4 L/R 4 L/R		3 L/ K			
				Set 4	O L/N		U L/ N		3 L/ N		-+ L/ N					
C2					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		5 L/R		4 L/R		3 L/R			
				Set 2	8 L/R		6 L/R		5 L/R		4 L/R		3 L/R			
				Set 3	8 L/R		6 L/R		5 L/R		4 L/R		,			
				Set 4	- 7		- 7		,		, ,					
D1	Standing	g Cable Rev	verse Fl		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to D2	Tempo:	101	Set 1	8		6		5		4					
				Set 2	8		6		5		4					
				Set 3	8		6		5		4					
				Set 4												
D2	Cable Ro	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		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												
					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 - Intermediate Program



10 minutes

2 x 30 sec each leg

SUP/OC

2) Cat / Camel

5) Frankenstein to Airplane

Training Level Intermediate

Macrocycle year

Mesocycle Cycle 11

Microcycle Dates - Week Start

6 weeks

Race / Peak 3

Friday - Endurance 1

6) Knee Hug > Backward Lunge > Double Rotation

7) Sumo Squat > Double Lateral Lunge > Ground Touch

1) General aerobic cardio (any mode) 10 repetitions 10 repetitions 3) Shoulder Wall Slides 4) Sumo Squat to Stand

BALANCE 10 repetitions 5 reps each side COOL DOWN

5 reps each side

5 repetitions

NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM

1) Aerobic cardio (spin bike preferred) 2) Lying Rope Hamstring

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

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

4) Prone Cobra to Downward Dog (hold 5 sec each)

2 x 30 sec each L/C/R 5) Child's pose with Lat Stretch

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 increase, BUT DO NO GO TO FAILURE! At least 2 in the tank!

#	Exercise			Week 1		Wee	Week 2		Week 3		Week 4		Week 5		Week 6	
A1	Bod	yrow (BB o	r TRX)		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to A2	Tempo:	x	Set 1	25	-	20	-	15	-	10	-	No Lift	-	No Lift	-
				Set 2	25		20		15		10					
				Set 3	25		20		15		10					
				Set 4												
A2		DB Lunge	s		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to A3	Tempo:	101	Set 1	12 L/R		10 L/R		8 L/R		6 L/R					-
				Set 2	12 L/R		10 L/R		8 L/R		6 L/R					
				Set 3	12 L/R		10 L/R		8 L/R		6 L/R					
				Set 4	,				,		,					
A3	Explosive Push Ups				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	Х	Set 1	25		20		15		10					
				Set 2	25		20		15		10					
				Set 3	25		20		15		10					
				Set 4	23		20		15		10					
B1	Bench Sea	ated Double	Biceps		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to B2		101	Set 1	20		15	•	12		8			, and the second		· ·
				Set 2	20		15		12		8					
				Set 3	20		15		12		8					
				Set 4												
B1						Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	101	Set 1	Reps 20		15		12		8					
				Set 2	20		15		12		8					
				Set 3	20		15		12		8					
				Set 4												
C1	Cable Lateral Raises				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C2	Tempo:	101	Set 1	20		15		12		8					
				Set 2	20		15		12		8					
				Set 3	20		15		12		8					
				Set 4												
C2	Stability I	Ball / Abwh	eel Roll	outs	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												
					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												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3 Set 4												
				Set 4												