

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 Hemi	Training Level Intermediate	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 2) Cat / Camel 10 repetitions 3) Shoulder Wall Slides 10 repetitions 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	BALANCE	
	COOL DOWN	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	25		20		15		10		No Lift		No Lift	
	Set 2	25		20		15		10					
	Set 3	25		20		15		10					
	Set 4												
A2	DB Lunges	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: X Set 1	25		20		15		10					
	Set 2	25		20		15		10					
	Set 3	25		20		15		10					
	Set 4												
B1	Bench Seated Double Biceps Curl	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to B2 Tempo: 101 Set 1	20		15		12		8					
	Set 2	20		15		12		8					
	Set 3	20		15		12		8					
	Set 4												
B1	Barbell Skull Crushers	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec Tempo: 101 Set 1	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 Ball / Abwheel Rollouts	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												