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 ra	acing Chattajack or ano	ther event. Those racing	should NOT do strength this week, saving their energy					
and nervous	system for the w	veekend's race effor	t.							

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

				Paddl	e Mor	nster Di	yland	Traini	ng - N	ovice Pı	rograi	m		P		
Training Group Training Level Macrocycle Meson						ocycle	Microcyc	le Dates - W	eek Start	Focus						
SUP/OC Novice year Cycle 11					le 11		6 weeks		Race / Peak 3							
i i i i i i i i i i i i i i i i i i i		day - Strer	ngth/P	ower 1		P	rogram	Order: Wa	arm Up >	Resistance	> Balan	ice > Endur	ance > C	ool down		
	1	aerobic cardio (a	-	<u>ower 1</u>			10 minutes									
	2) Cat / Ca		,				repetitions	BALANCE								
•		er Wall Slides				10	repetitions	NLA								
٩U	4) Sumo S	quat to Stand				10	repetitions	BA		NOTE: COMPLE	TE ENDUR/	ANCE TRAINING	i HERE IF D	OING AT GYM		
WARM	5) Franke	nstein to Airplane				5 rej	os each side	7	1) Aerobic	cardio (spin bik		10 minutes				
AF.	6) Knee H	ug > Backward Lu	nge > Dou	ble Rotation			os each side	2	2) Lying Ro	pe Hamstring		2 x 30 sec each leg				
5	7) Sumo S	quat > Double Lat	eral Lunge	> Ground Tou	ch	5	5 repetitions	DC	3) Kneeling				ec each le			
								JOL	4) Prone Co	bra to Downw	ard Dog (ho	old 5 sec each)			repetition	
								U U	5) Child's p	ose with Lat St	retch			2 x 30 sec each L/C/I		
						<u>RES</u>	ISTANC	E TRAIN	ling							
Notes:		ım is a taper/unlo														
#	As we get	closer to racing vo	oume (rep	s ana sets) go Weel		Can eitner keel Wee	-	the same Of We		Wee		Wee		Wee	k 6	
A1	Bench I	Pull OR Seated Ro	w	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	Go to A2	Tempo: X	Set 1	12		10		8		8		6		4		
Substitute	with another pu	ll if necessary	Set 2	12		10		8		8		6		4		
			Set 3	12		10		8								
42	C -1	lit Squat Jumps	Set 4	Deci	Wei-1-	Der.	Wei-1-	Dr	147	Der:	146-1-1-1	D	14/-*-*-	Der:	Mr. 1-1-1	
A2 Rest:	60 sec	Tempo: X	Set 1	Reps 6 L/R	Weight	Reps 5 L/R	Weight	Reps 4 L/R	Weight	Reps 4 L/R	Weight	Reps 3 L/R	Weight	Reps 2 L/R	Weight	
			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													
B1		Bench Press		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	Go to B2	Tempo: X	Set 1 Set 2	12 12		10 10		8		8		6		4		
			Set 3	12		10		8		0		0		4		
			Set 4													
B2	Ke	ttlebell Swings		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	60 sec	Tempo: X	Set 1	12		10		8		8		6		4		
Squats are	to be done fast		Set 2 Set 3	12 12		10 10		8		8		6		4		
			Set 4	12		10		0								
C1	Front Plan	with 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 Set 4	2 x 30 sec		2 x 30 sec		2 x 30 sec								
C2	Swo	ooping Legovers	3614	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								
C3	Side Di	ank with Leg Rais	Set 4	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	But	
	h through hold re		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 Rest:	Single 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 4 L/R	Weight	
	h through hold re		Set 2	10 L/R		8 L/R		6 L/R		6 L/R		4 L/R 4 L/R		TUN		
			Set 3	10 L/R		8 L/R		6 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													
Devi		T		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:		Tempo:	Set 1 Set 2													
			Set 3													
			Set 4													

				Padd	le Mor	nster D	ryland	Train	ing - No	ovice P	rogran	n		Ţ		
Training Group Training Level Macrocycle						Mesocycle Microcycle Dates - Week Start					Focus Race / Peak 3					
Northern Hemi Novice year					Cycl	le 11		6 weeks				-				
	<u></u>	ursday - I	Endurai	nce 1			Program C	Order: W	arm Up >	Resistanc	e > Balan	ce > <mark>Endu</mark>	rance > C	ool down	1	
		l aerobic cardio	(any mode)				10 minutes	ы								
	2) Cat / Ca						10 repetitions	BALANCE								
4		er Wall Slides					LO repetitions	ßL								
WARM UP		quat to Stand					LO repetitions eps each side	-					IG HERE IF D	OING AT GYI	VI 10 minutes	
ARN		nstein to Airplar ug > Backward L		ale Rotation			eps each side	N		 Aerobic cardio (spin bike preferred) Lying Rope Hamstring Kneeling hip flexor 					2 x 30 sec each leg	
Ň		quat > Double L	-		uch		5 repetitions	Š							sec each leg	
_	,									bra to Downv)		0 repetitions			
								COOL DOWN		ose with Lat S				2 x 30 sec each L/C/R		
								-								
	- ,						SISTANC									
Notes:		e is lower as the multiple race d	-					-		ace week) is	off.					
#		Exercise		We	ek 1	We	ek 2	W	eek 3	We	ek 4	We	ek 5	Week 6		
A1		Pull OR Seated R		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	Go to A2	Tempo: 301		12		15		10		20		12				
Substitute v	with another pu	II If necessary	Set 2 Set 3	12 12		15 15		10 10		20 20		12				
			Set 3	12		15		10		20						
A2		MB Slams		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	60 sec	Tempo: X	Set 1	12		15		10		20		12				
			Set 2	12		15		10		20		12				
			Set 3 Set 4	12		15		10 10		20						
B1	E	Barbell Squats	3614	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	Go to B2	Tempo: 301	1 Set 1	15		20		15		25		15				
			Set 2	15		20		15		25		15				
			Set 3	15		20		15		25						
B2	Expl	osive Bench Pres	Set 4	Reps	Weight	Reps	Weight	15 Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	60 sec	Tempo: X		15	and a second	20	Weight.	15	weight.	25		15		neps	Weight.	
			Set 2	15		20		15		25		15				
			Set 3	15		20		15		25						
C1	Towal Kno	es to Chest w Ab	Set 4	D		D		15	····	D		D		D		
Rest:	Go to C2	Tempo: 111		Reps	Weight	Reps 12	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
			Set 2	10		12		10		12		10				
			Set 3	10		12		10		12						
			Set 4							12						
C2 Rest:	Cable R Go to C3	Tempo: 303	-	Reps 6 L/R	Weight	Reps 8 L/R	Weight	Reps 6 L/R	Weight	Reps 8 L/R	Weight	Reps 6 L/R	Weight	Reps	Weight	
nest.		.cpo. 303	Set 2	6 L/R		8 L/R		6 L/R		8 L/R		6 L/R				
			Set 3	6 L/R		8 L/R		6 L/R		8 L/R						
			Set 4							8 L/R						
C3		lit Stance Pallof		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	Go to C4	Tempo: 333	3 Set 1 Set 2	6 L/R 6 L/R		8 L/R 8 L/R		6 L/R 6 L/R		8 L/R 8 L/R		6 L/R 6 L/R				
			Set 3	6 L/R		8 L/R		6 L/R		8 L/R		/				
			Set 4							8 L/R						
C4		Super Crunch		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	90 sec	Tempo: 555	5 Set 1 Set 2	5		6		5		8		5				
			Set 2 Set 3	5 5		6 6		5 5		8 8		5				
			Set 4	-		-		-		-						
				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:		Tempo:	Set 1													
			Set 2 Set 3													
			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													