

Practice Sessions October 16th

Session 1	Session 2	Session 3	Session 4
Lactate Threshold Intervals.	Alactic Intervals	Sprint Intensity Intervals	Race Specific
TZ 1: 3min.	TZ 1: 2min.	TZ 1: 3min.	TZ 2: 3min
TZ 3+ 4-: 1min/ 20sec easy paddling (x6)	TZ 5: 25 sec	TZ 5: 30sec / TZ 2: 30 sec (x6)	TZ 3: 6min
TZ 2-3: 3min	TZ 3: 6min	TZ 2 or 3 : 3min	TZ 4: 3min
TZ 3+ 4-: 1min/ 20sec easy (x4)	TZ 2: 1min	TZ 2/5: 3min drills (4-6 easy strokes. 4 - 6 fast/hard/powerful/quick stokes for 3min	TZ 1- 2: 2min (easy)
	TZ 5: 45 sec		TZ 3: 6min
	TZ 2 or 3: 3min		
			Repeat 6 or 7 times
Repeat 3 times	Repeat 5 times	Repeat 4 times	Or. TZ 2: or TZ 3: 1.5 - 2 hour paddle .
			Or Downwind run Best, most fun, my fav.
<u>Coaches notes</u>	<u>Coaches notes</u>	<u>Coaches notes</u>	<u>Coaches notes</u>
<p>Session 1 this week. Easier than last week for ya. I like short hard blocks followed with slightly easier blocks. If your feeling good do these 1 minute on's , a slightly harder pace than normal. Just slightly okay, with short rest as usual. If your tired or unsure how you feel do it 80%. Make sense? Or, Do one harder, then one 80% even, mix up your 1 minute pace pieces. Anyways feel it out find speed, go as hard as you see fit in this one. The 3 minutes in between the 1 minute pieces is that magic feeling comfortable pace but still moving well. Then again go 1 min on, 20 seconds easy x 4. Again up to you on your effort/output. So this is me saying if your feeling good hammer a little guys if your not feeling it or tired from last week be more controlled. Some of you might not like the 1 min on ,20 sec off. Play with it, make it flow, so push hard for a minute then simply back off for a couple of changes (roughly 20sec). Its not on off like a sprint its one long continuous effort but the beeping of the watch forces you to focus more instead of just going say 8 min 80%. You get way way more out of doing 6 x 1 min solid speed then 20 sec easy speed. These workouts guys are magic</p>	<p>Alactic training session 2 . Easier version on what we have been practicing. Still can make it harder if you need guys. So again, it's up to you, depending on how you feel. So a bit of flexibility in this session also guys. You should be getting use to this style by now and hopefully loving it. Feel/Be powerful when sprinting and be in control when in zone 3, around 80%HR. I give you flexibility as I know sometimes you need to take it a bit easier, especially after a hard week last week. If your good to go then you know you can make it slightly harder. Next week we ramp it back up again so enjoy the more skills week this week.</p>	<p>Session 3 is our sprint Intervals. So warm up, 3 min easy, 30 seconds on (100%), 30 seconds rest/easy x 6. So your pushing your self in these sprints okay. pure pure fast speed guys. Feel the burn no matter what. Own it, find away to get this speed I keep harping on about. Then we are 3 minutes to recover. You can choose your zone here. 80% or 70% up to you. Race pace recovery, so paddling long stroke, perfect technique, again breathing, try breath through nose if your in zone 2., visualizing, how can I paddle faster and be more efficient? Then we do a 3 min drills, Similar but different, 4 to 6 strokes 70-80%, 4 to 6 strokes 100%, all out. Do that for 3 minutes please. Try figure it out, its a 3 min effort with huge bursts of speed thrown in. You won't get into your zones, you will more than like stay in zone 3 the whole time maybe even zone 4 but have fun the gear changing and play with it. Its not easy but a great skill to get better at, So this is a speed and skills session. Well all my session are really haha.</p>	<p>Weekend session. Weekend sessions are our race simulation session. So what events are we training or Practicing for? We all have different goals so the weekend is working towards your paddling goal. During the week I give you the skills to work on. Everything you need to become an efficient, effective, faster paddler! Weekends we do our distance practice normally. Or our down wind runs, Or our flat water miles , and or work on any weaknesses we have. If you only do short races then do that, go short and fast. If your training for distance event right now or in the future we do that. You gradually get longer and longer on the weekends. Make sense. If you have things your not good at like starts or surfing or wash riding or down winding, The weekend session is the time to practice the things we need to get better at. Normally its putting down some miles if you have time. You can even repeat your favorite session if you want just make it longer or harder or easier or change it to suit what we need to work on. So think about your weakness, make a weekend plan and execute. let me know if you need any help. Above is a great one if you need guidance and like to follow your watch.</p>
TZ 1: Up to 60% effort (HR). Nice and relaxed, focusing on technique thinking about what you're doing. Able to carry on a some what stimulating conversation, only if you have perfect technique	TZ 1: Up to 60% effort (HR). Nice and relaxed, focusing on technique thinking about what you're doing. Able to carry on a some what stimulating conversation, only if you have perfect technique	TZ 1: Up to 60% effort (HR). Nice and relaxed, focusing on technique thinking about what you're doing. Able to carry on a some what stimulating conversation, only if you have perfect technique	TZ 1: Up to 60% effort (HR). Nice and relaxed, focusing on technique thinking about what you're doing. Able to carry on a some what stimulating conversation, only if you have perfect technique
TZ 2: Up to 70% effort (HR). Starting to work. Heart rate and breathing is up, Feeling warmer, might sweat. Base training zone. Can still talk if you have something interesting to say.	TZ 2: Up to 70% effort (HR). Starting to work. Heart rate and breathing is up, Feeling warmer, might sweat. Base training zone. Can still talk if you have something interesting to say.	TZ 2: Up to 70% effort (HR). Starting to work. Heart rate and breathing is up, Feeling warmer, might sweat. Base training zone. Can still talk if you have something interesting to say.	TZ 2: Up to 70% effort (HR). Starting to work. Heart rate and breathing is up, Feeling warmer, might sweat. Base training zone. Can still talk if you have something interesting to say.
TZ 3: Up to 80% effort (HR) The MAGIC ZONE! You're working hard. Comfortable hurt zone. Heart rate up. Breathing hard yet still in control some what. Sweating. To hard to talk. But you could, Focus, think, perfection	TZ 3: Up to 80% effort (HR) The MAGIC ZONE! You're working hard. Comfortable hurt zone. Heart rate up. Breathing hard yet still in control some what. Sweating. To hard to talk. But you could, Focus, think, perfection	TZ 3: Up to 80% effort (HR) The MAGIC ZONE! You're working hard. Comfortable hurt zone. Heart rate up. Breathing hard yet still in control some what. Sweating. To hard to talk. But you could, Focus, think, perfection	TZ 3: Up to 80% effort (HR) The MAGIC ZONE! You're working hard. Comfortable hurt zone. Heart rate up. Breathing hard yet still in control some what. Sweating. To hard to talk. But you could, Focus, think, perfection
TZ 4: Up to 90% effort (HR). Damn. Hard hard work. Super stressed, heavily sweating. Gasping. Somehow you can do this. Find a way. Push yourself . Oh, impossible to talk.			TZ 4: Up to 90% effort (HR). Damn. Hard hard work. Super stressed, heavily sweating. Gasping. Somehow you can do this. Find a way. Push yourself . Oh, impossible to talk.
	TZ 5: 100% Effort (HR). Won't last long. Heavily stressed. Gasping, Push yourself. About to die. Can maybe do sign language.	TZ 5: 100% Effort (HR). Won't last long. Heavily stressed. Gasping, Push yourself. About to die. Can maybe do sign language.	TZ 5: 100% Effort (HR). Won't last long. Heavily stressed. Gasping, Push yourself. About to die. Can maybe do sign language.