

Advanced Spring Competitive Training Plan Week #18, February 26 - March 3, 2024



This is week 5 of the Spring Competitive Training Program and is for those in warm climates with regular access to open water for paddling through remainder of the winter. This week sees a continued higher workload with the same structure as last week and incremental increases in load. As with last week, there is one higher intensity session in the week while the rest of the work is level 2/3. Please resist the urge to go harder than prescribed in the level 2/3 work.

Please continue to focus on technique in your paddling and don't compromise technique to grind out hard work. You should gather video if you have the chance and self-analyze it, looking for errors and using the resources on the website to help determine corrections. If you need help with this process, please don't hesitate to ask. When paddling, don't be afraid to stop if you feel your motion, connection or rhythm aren't optimal, then refocus and start again. Your objective is still to maximize the number of good strokes you are taking and minimize the number of inferior strokes you take. In this way you will consolidate sound technical movement patterns which will carry you through the entire season.

Please contact me in the program discussion if you have questions or need guidance with the rearranging the order of the workouts. Also, if you are racing an important event in the coming weeks you should contact me in the coach's convos for the customized work you will need.

Have a great week!

Larry

Macro: 2		Meso: 1		Micro: 5		Date: Feb 26 - Mar 3, Accumulation					
Totals:		Days training: 6		Paddle: 5 - 6		Cardio: 1 - 2		Strength: 3		Other:	
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
WORKOUTS	Paddle: 6 x 10 min including 5 min at level 2 and 5 min at a low level 3, 1 min rest. Strength: Day 1	Paddle: 15 min level 2, then 15 x 1 min, level 4, 1 min rest, then 15 min level 2 Do with a slow moving start. Try to accelerate as quickly as possible at the start of each piece before settling into a sustainable level 4 pace Cardio: 50 min steady level 2	Paddle: 10 x 5 min, level 3 paced as evenly as possible, 1 min rest Strength: Power endurance strength circuit 4 rounds.	Paddle: 2 x 5 km. 1st is a time control (cover the distance as fast as you can), 2nd is at level 3 paced as evenly as possible. 4 min rest	Strength: Day 2 Cardio: 70 min steady level 2 OR Paddle: 70 min steady level 2	Paddle: 5 x 20 min, 1 x 10 min. 1st 3rd and 5th alternating 3 min at level 2 and 2 min at level 3 and repeat. 2nd, 4th and 10 min alternating 2 min at level 2, 1 min at level 4 and 2 min at level 3. 2 min rest Please use perceived exertion rather than HR to gauge effort level when going from level 4 to 3 or 3 to 2 in order to account for the lag in HR dropping to the new effort level.	OFF				
	NOTES	Prepared for paddlers training with Paddle Monster. Please train and paddle with www.paddlemonster.com .									