Year Program Hemi Season Phase Focus
SUP Northerm In Season Phase 5 Concurrent 1

Phase 5: March 4 - 31

With most Northern Hemisphere paddlers on, or about to return to, the water at summer time levels it's time to switch to a concurrent model for strength work as we move to in-season training. In this model we train all of the strength qualities at the same time during the phase, instead of a single focus in the training phase like we have done for the past few months in the off-season. The priority is now the on-water work, so we instead of one strength focus we will touch on all strength qualities in order to both continue to improve and maintain the strength we have built for paddling through the competitive season. We will be training with this model until the end of the race season, and peaking/tapering down the strength work leading into major races.

In this phase it is important to leave repetitions in the tank. These workouts shouldn't crush you as you'll want to have lots of energy for the work you do on the water, so do not go to failure on any of the exercises. Save the hammering for building your abilities on the water! Also, now you should be doing your strength work AFTER you have competed your paddling work for the day, so that your nervous system is fresh for your on-water work.

If you have any questions please do not hesitate to contact me in the coach's convo.

Happy lifting!

Larry



**WARM UP** 

# **Paddle Monster Dryland Training - Novice Program**



Training Group Training Level Macrocycle Mesocycle Microcycle Dates - Week Start Focus

SUP/OC
Northern Hemi
Novice Cycle 5 4 Weeks Concurrent 1

## Monday - Strength/Power 1

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

1) General aerobic cardio (any mode)	10 minutes	E		5 min
2) Cat / Camel	10 reps			
3) Eagles / Scorpions	10 reps L/R each	≱		
4) Inchworm > Pushup	5 reps	8	NOTE: COMPLETE ENDURANCE TRAINING HERE	IF DOING AT GYM
5) Wall Slides	10 reps	z	1) Aerobic cardio (spin bike preferred)	10 minutes
6) Sumo Squat > Double Lateral lunge > Ground Touch	6 reps	≥	2) Prone Cobra to Downward Dog (hold 10 sec each)	6 repetitions
7) Knee Hug > Backward Lunge > Double Rotation	5 reps each side	2	3) Pigeon Pose	2 x 30 sec each leg
		Ы	4) Child's post with Lat Stretch	2 x 30 sec each L/C/R
		8	5) Kneeling hip flexor w elevated foot	2 x 30 sec each leg

### **RESISTANCE TRAINING**

Notes: Pay attention to tempo. Slow controlled exercises combined with explosive exercises. Lower overall volume to focus on water.

#	Exercise			Week 1 Week 2				Weel	k 3	Wee	k 4					
A1			ted Row		Reps	Weight	1	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to A2	Tempo:	101	Set 1	8		10		12		10		•			
	e with another pu			Set 2	8		10		12		10					
Jubatitutt	e with another pu	ii ii ricccssary		Set 3	Ů		10		12		10					
				Set 4			10		12							
A2	Sn	lit Squat Ju	mns	500.4	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	60 sec	Tempo:	Х	Set 1	10 L/R		10 L/R		10 L/R		10 L/R		•			
				Set 2	10 L/R		10 L/R		10 L/R		10 L/R					
				Set 3	,		10 L/R		10 L/R		,					
				Set 4			10 4 11		10 5/11							
B1		Bench Pres	s		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to B2	Tempo:	101	Set 1	8 L/R		10 L/R		12 L/R		10 L/R		•			
				Set 2	8 L/R		10 L/R		12 L/R		10 L/R					
				Set 3	0 2/10		10 L/R		12 L/R		10 L/ 10					
				Set 4			20 4 11		12 5/11							
B2	Ke	ttlebell Sw	ings	500.	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	60 sec	Tempo:	х	Set 1	10		12		15		10					
	e to be done fast			Set 2	10		12		15		10					
- 1,				Set 3			12		15							
				Set 4					13							
C1		Front Plank		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	Go to C2	Tempo:	hold	Set 1	2 x 30 sec		·									
				Set 2	2 x 30 sec											
				Set 3			2 x 30 sec		2 x 30 sec							
				Set 4												
C2	Swo	oping Lego	vers		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C3	Tempo:	101	Set 1	8 L/R		8 L/R		8 L/R		8 L/R					
		·		Set 2	8 L/R		8 L/R		8 L/R		8 L/R					
				Set 3			8 L/R		8 L/R							
				Set 4			,		,							
C3	Side Pla	ank with Le	g Raises		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											
Do not rus	sh through hold re			Set 2	2 x 15 L/R											
				Set 3			2 x 15 L/R		2 x 15 L/R							
				Set 4												
C4					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	131	Set 1	10 L/R		10 L/R		10 L/R		10 L/R					
Do not rus	sh through hold re	eps for 3 sec		Set 2	10 L/R		10 L/R		10 L/R		10 L/R					
				Set 3			10 L/R		10 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												



WARM

# **Paddle Monster Dryland Training - Novice Program**



Training Group Training Level Macrocycle Mesocycle Microcycle Dates - Week Start Focus

SUP/OC
Northern Homi
Novice Cycle 5 4 Weeks Concurrent 1

#### Thursday - Endurance 1

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

1) General aerobic cardio (any mode) 10 minutes 5 min BALANCE 2) Cat / Camel 10 reps each 3) Eagles / Scorpions 10 reps L/R each 4) Inchworm > Pushup NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM 10 reps 1) Aerobic cardio (spin bike preferred) 10 minutes COOL DOWN 6) Sumo Squat > Double Lateral lunge > Ground Touch 6 reps 2) Prone Cobra to Downward Dog (hold 10 sec each) 6 repetition 7) Knee Hug > Backward Lunge > Double Rotation 5 reps each side 3) Pigeon Pose 2 x 30 sec each leg 2 x 30 sec each L/C/R 4) Child's post with Lat Stretch 5) Kneeling hip flexor w elevated foot 2 x 30 sec each leg

#### **RESISTANCE TRAINING**

Notes: Focus on completing the repetitions with quality. Takes short breaks if necessary!

			пс тере	itions wi	th quality. Tak	es 31101 t 151 t	cans if necessa	ıy.								
#	Exercise				Week 1 Week 2			κ2	Weel	k 3	Wee	k 4				
A1	Bench	Bench Pull OR Seated Row			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to A2	Tempo:	101	Set 1	25		30		20		15					
Substitute v	with another pu	ull if necessary		Set 2	25		30		20		15					
				Set 3			30		20							
				Set 4												
A2		DB Lunges	3		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	60 sec	Tempo:	X	Set 1	15 L/R		12 L/R		10 L/R		10 L/R					
				Set 2	15 L/R		12 L/R		10 L/R		10 L/R					
				Set 3			12 L/R		10 L/R							
				Set 4												
B1		Bench Pres	s		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to B2	Tempo:	101	Set 1	25		30		20		15					
				Set 2	25		30		20		15					
				Set 3			30		20							
				Set 4												
B2	Barbell Squats			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Rest:	60 sec	Tempo:	101	Set 1	20		25		30		20					
				Set 2	20		25		30		20					
				Set 3			25		30							
				Set 4												
C1		Front Planl	•		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					
				Set 2	2 x 30 sec		2 x 30 sec		2 x 30 sec		2 x 30 sec					
				Set 3			2 x 30 sec		2 x 30 sec							
				Set 4												
C2	C2 Swooping Legovers				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	Go to C3	Tempo:	101	Set 1	8 L/R		8 L/R		8 L/R		8 L/R					
				Set 2	8 L/R		8 L/R		8 L/R		8 L/R					
				Set 3			8 L/R		8 L/R							
				Set 4												
C3	Side Pl	lank with Le	g Raises		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					
Do not rush	through hold r	reps for 3 sec		Set 2	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							
	Set 4			Set 4												
C4	C4 Single Leg Glute Bridge				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	90 sec	Tempo:	131	Set 1	10 L/R		10 L/R		10 L/R		10 L/R					
Do not rush	through hold r	reps for 3 sec		Set 2	10 L/R		10 L/R		10 L/R		10 L/R					
				Set 3			10 L/R		10 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												