

Year	Program	Hemi	Season	Phase	Focus
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**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!

Lary



