

# PANAMA PADDLING PROGRAM OCT, NOV, DEC 2006

- 15—Oct  
10 min warm up, 2 min of which is pause stroke  
3 x 20 min @ 65%, rest = 5 min, huks on 30  
10 min warm down, one sided drill  
**Focus**—to improve endurance, technique & timing
- 17—Oct  
10 min warm up, as above  
2 x 30 min @ 65%, rest = 5 min  
10 min warm down, one sided drill  
**Focus**—consistency, try to maintain a constant speed & rhythm
- 19—Oct  
10 min warm up, 5 min of which is 1 sided pause stroke  
10 x 500 metres @ 70%, rest = 3 mins  
10 warm down, fast & light rating, approx, 68—70 spm  
**Focus**— count total strokes and reduce number needed each run by lengthening stroke and slowing recovery
- 22—Oct  
SAME AS 15—OCT , EXCEPT 4 X 20 MIN @ 70%
- 24—Oct  
SAME AS 17-OCT, EXCEPT 2 X 40 MIN @ 65%
- 26—Oct  
SAME AS 19—OCT
- 29—Oct  
10 min warm up, one sided drill  
6 x 10 mins @ 75%, rest = 3 mins, huks on 10  
6 x 1 min @ 80 %, rest = 1 min  
10 min warm down @ 50 %  
**Focus**—to improve change over strokes, ensuring no drop in hull speed through change. Lactic acid tolerance
- 31—Oct  
10 min warm up, eyes closed, feel the canoe  
75—90 mins continuous @ 70%, lift for 1 min  
Every 10 mins @ 85%, 5 mins warm down one sided  
**Focus**—to maintain good technique as % increases, maintain base % after lift
- 2—Nov  
10 min warm up, 4-5 mins of which is pause stroke  
1 x 5 mins, 1 x 10 mins, 2 x 15 mins, 1 x 10 mins, 1 x 5 mins @ 1st min 90 % then 75%, rest = 3 mins  
10 mins warm down one sided drill

**1 MIN SIT UPS  
1 MIN PUSH UPS  
1 MIN PULL UPS  
THIS WILL OCCUR AFTER EACH TRAINING**

# PANAMA PADDLING PROGRAM

## OCT, NOV, DEC 2006

- 5—Nov  
10 min warm up, 5 mins of which is one sided pause stroke  
4 x 20 mins @ 1st 5 mins—85%, 15 mins—75%  
Rest = 5 mins, 10 mins warm down at less than 50 %  
**Focus**—to simulate race start and transition into rhythm
- 7—Nov  
10 warm up, 5 mins of which is eyes closed  
10 x 500 metres @ 80%, rest = 3 mins  
10 mins warm down, huks every 8 strokes  
**Focus**—feel boat glide, although the % is up still use recovery part of stroke to it's fullest, lest the boat glide
- 9—Nov  
10 mins warmup  
75 mins fartlek, 4 mins @ 75%, 1 min @ 90%  
10 mins warm down, one sided drill  
**Focus**—to maintain good technique and canoe run regardless of %.  
Also to feel a kick on ups, concentrate on the catch
- 12—Nov  
5 min warm up, pause stroke  
10 x 8 mins @ 80%, rest = 2 mins  
5 mins warm down at less than 50%  
**Focus**—to build aerobic to anaerobic capabilities
- 14—Nov  
10 mins warm up, exaggerate the reach and twist  
5 x 5 mins @ 1 min—90%, 4 mins—80%, rest = 1 min  
5 x 2 mins @ 1 min—90%, 1 min—80%, rest = 1 min  
5 x 1 min @ 90%, rest = 1 min  
5 x 30 secs @ 90%, rest = 30 secs  
10 warm down, light and fast 69-70 spm  
**Focus**—to build lactic acid tolerance, work on race starts
- 16—Nov  
5 mins warm up  
10 km time trail  
5 min warm down  
**Focus**—recovery paddle, work on combos and technique
- 19—Nov  
10-15 min warm up, 5 mins 1 sided, 5 mins eyes closed  
10 km time trial  
10 min warm down  
Set a course to use throughout the year for benchmarking  
**Focus**—to emulate as close as possible a race situation

**1 MIN SIT UPS**  
**1 MIN PUSH UPS**  
**1 MIN PULL UPS**  
**BIKE**

**THIS WILL OCCUR AFTER EACH TRAINING**

# PANAMUNA PADDLING PROGRAM

## OCT, NOV, DEC 2006

- 21—Nov  
10 mins warm up, 5 mins of which is pause stroke  
8 x 1000 metres sprints @ alt 65% - 85%, rest = 5 mins  
10 mins warm down, huks every 6 strokes  
Focus— count total of strokes and reduce number needed each run by lengthening stroke and slowing recovery. Compare 65% to each other and 85% to each other
- 23—Nov  
5 mins warm up  
90 mins continuous @ 75%, huks every 30 strokes  
5 mins warm down  
Focus—consistency, consistency, consistency and team work
- 25—Nov  
**RACE—NORTHCLIFFE GOOD LUCK TO ALL PANAMUNA CREWS**
- 28—Nov  
10 mins warm up, one sided drill  
20 x 2 mins efforts @ 85%, rest = 1 min, every 5th effort 5 mins  
10 mins warm down eyes closed  
Focus—build speed base, lactic tolerance
- 30—Nov  
5 mins warm up  
75 mins fartlek @ 3 mins—65%, 2 mins @85%  
5 mins warm down  
Focus—to be able to lift and come back to vase rate, useful for fighting off crews in a race. Ensure base % never wavers
- 3—Dec  
5 mins warm up  
60-75 mins continuous paddle @ 65 %  
5 mins warm down at less than 50%  
Focus—recovery paddle, work on change over strokes
- 5—Dec  
10 mins warm up, (3 mins pause stroke)  
8 x 100 metres sprints @ 80 %, rest = 2 mins  
10 mins warm down, huks every 8 strokes  
Focus— to count number of strokes per run and reduce the required amount on each subsequent run. Boat glide and timing
- 7—Dec  
80 mins fartlek @ 4 mins 70%, 1 min @ 85%  
Focus—to maintain good technique as % increases, keep glide at lower %.  
Concentrate on catch

**2 MIN SIT UPS**  
**2 MIN PUSH UPS**  
**2 MIN PULL UPS**

**THIS WILL OCCUR AFTER EACH TRAINING**

# PANAMA PADDLING PROGRAM OCT, NOV, DEC 2006

- 10—Dec  
10 mins warm up (5mins eyes closed)  
12 x 8 mins @ 80%, rest = 2 mins  
10 mins warm down, one sided drill  
Focus— build aerobic and anaerobic capacities
- 12—Dec  
5 mins warm up, one sided drill  
5 x 5 mins @ 85%, rest = 1 min  
5 x 2 mins @ 90%, rest = 1 min  
5 x 1 mins @ 90%, rest 1 min  
5 x 30 secs @ 100%, rest = 30 secs  
5 mins warm down @ less than 50%  
Focus—good starts, smooth transition, good hooks, build lactic acid tolerance
- 14—Dec  
80 mins continuous @ 65%  
Focus— recovery paddle, work on combos and technique
- 17—Dec  
10—15 mins warm up (5 mins one sided, 5 mins eyes closed)  
10 km time trial - record time  
10 mins warm down  
Focus—set a course to be used throughout the year for benchmarking
- 19—Dec  
10 mins warm up (high rating, light power)  
20 x 2 mins @ 90 %, rest = 1 min  
5 mins warm down  
Focus—speed, starts and recovery
- 21—Dec  
10 mins warm up, (3 mins pause stroke)  
8 x 1000 metres sprints @ 75%, rest = 2 mins  
10 mins warm down, hooks every 8 strokes  
Focus—to count number of strokes per run and reduce the required amount on each subsequent run. Boat glide and timing

## 8 PULL UPS BY CHRISTMAS

MERRY CHRISTMAS