

Developing your Training Plan

Why plan your training?

- Need a plan to develop in the long term
- Know what you're doing and have a focus
- Track what you have done and your development over time

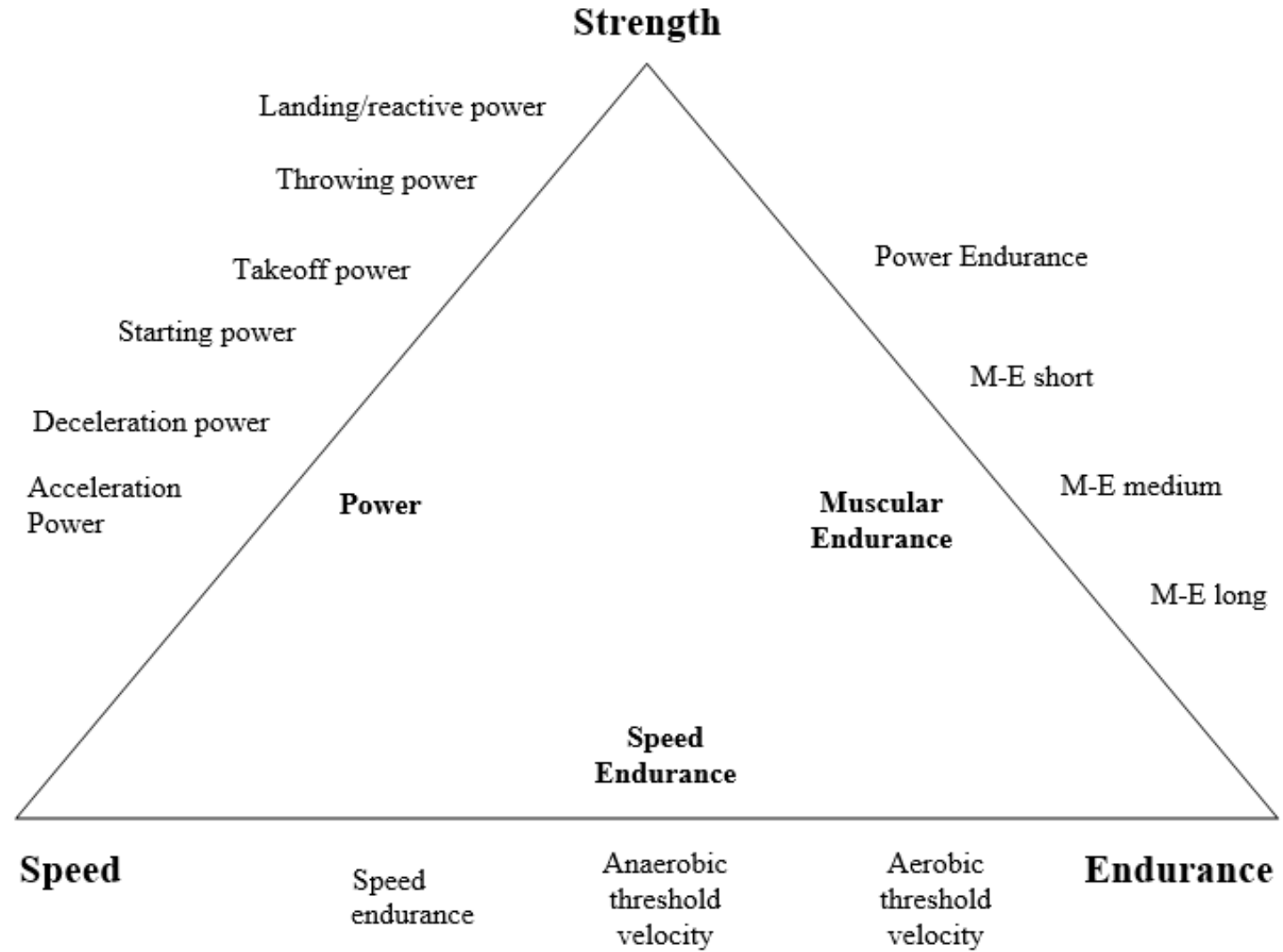
Principles of Training

- Specificity
- Overload and
- Adaption & Recovery
- Intensity, Volume and Frequency
- Progression
- Variety
- Progression
- Reversibility

Things to consider

- Individual differences
- Maturation (rather than age)
- 'Training' age
- Other sports/activities (and time!)
- Non-linear development
- Long term plan
- Balance approach
- Location / facilities

What sort of sport is Slalom?



(From Bompa, 'Periodization Training for Sports')

Physical Demands of Slalom

- It's a Power-Endurance sport
- Strength – converted into powerful movement
- Max speed
- Acceleration Speed / Power
- Power endurance – to take powerful strokes through out the course
- Anaerobic fitness, lactate tolerance (energy systems)
- A strong core – connects upper body to the boat via the lower body
- Also need flexibility – good range of movement, and strength throughout those ranges

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES																								
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+				
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD					ADOLESCENCE										ADULTHOOD					
GROWTH RATE	RAPID GROWTH			↔ STEADY GROWTH ↔					↔ ADOLESCENT SPURT ↔					↔ DECLINE IN GROWTH RATE										
MATURATIONAL STATUS	← YEARS PRE-PHV								PHV		→ YEARS POST-PHV													
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)								↔ COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)															
PHYSICAL QUALITIES	FMS		FMS			FMS		FMS																
	SSS		SSS			SSS		SSS																
	Mobility		Mobility					Mobility																
	Agility		Agility					Agility					Agility											
	Speed		Speed					Speed					Speed											
	Power		Power					Power					Power											
	Strength		Strength					Strength					Strength											
	Hypertrophy								Hypertrophy		Hypertrophy										Hypertrophy			
	Endurance & MC		Endurance & MC							Endurance & MC							Endurance & MC							
TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE					MODERATE STRUCTURE				HIGH STRUCTURE				VERY HIGH STRUCTURE							

PHV = Peak Height Velocity

FMS = Fundamental Movement Skills

SSS = Sport Specific Skills

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	Speed		Speed							Speed				Speed								
	Power		Power							Power				Power								
	Strength		Strength							Strength				Strength								
	Hypertrophy										Hypertrophy		Hypertrophy						Hypertrophy			
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Periodisation of Training

- Breaking the plan and your development down into blocks – eg:
 - Year plan (macrocycle)
 - 4 week plan (mesocycle)
 - weekly plan (microcycle)
- Focus on particular areas of development – what do we train when?
 - Strength?
 - Speed?
 - Endurance?
 - Technique?

Will's Week Plan

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
MORNING	REST		GYM SESSION		REST	PADDLING SESSION	PADDLING SESSION
MID-DAY							
AFTERNOON				PADDLING SESSION (C1)		GYM SESSION	
EVENING	GYM SESSION	PADDLING SESSION	PADDLING SESSION	PADDLING SESSION			REST

Considerations:

- Build the plan around key events / races – including tapering
- Include 2 x 24hr rest periods in the week to ensure recovery
- How much training? A 100% week should be hard! But there'll be some trial and error – and it'll change over time (adaption!)
- Sequencing training within the microcycle or session:
 - Work to develop skill should be done before other training – ie when not fatigued (do gate work before anything else)
 - Work to develop max strength also should be done when not fatigued
 - Pure speed should be done before other physical training
 - Strength & Speed Endurance can be developed in a state of low fatigue
 - Flexibility training does appear to interfere with other training

Recommended Volumes

How many times the athlete is exposed to training/coaching and how this progressively loads in order to build capacity and increase tolerance is individually based and unique. Session duration and intensity should depend upon the athlete maintaining good technique and posture. Variety, fun and quality skill development are essential at the initial stages of the pathway. International exposure is an essential component of a developing athletes 'competitive diet'. As well as regular competition within the domestic system, travelling abroad to gain start line exposure to international peers or venue learning experience is a key part of progression. Ages are for guidance only.

	<14yrs	14-16yrs	15-18yrs
Sessions per week	6-9 (45-60 min duration, this includes other sports). Learning the fundamentals of the sport and how to train injury free.	8-12 (up to 60mins duration) Increasing volume and intensity.	9-12 (up to 90 mins duration).
Session Content	<ul style="list-style-type: none"> • Building up to 3- 5 on water <ul style="list-style-type: none"> • 1-2 on land • 2+ other sport sessions 	<ul style="list-style-type: none"> • 5 - 7 on water (1-2 of which are boat based physical sessions) • 2-3 Gym/on land conditioning • 1 - 2 other sport session/s 	<ul style="list-style-type: none"> • 5 – 8 White water sessions • 2 - 3 Boat Based Conditioning sessions <ul style="list-style-type: none"> • 3-4 Gym • 0 - 3 Land based conditioning dependent on time of year <ul style="list-style-type: none"> • 1 other sport session
International Exposure	Attending international Training Camp; L'argentiére la Besse, Saint Pierre de boeuf, Augsburg, Roudnice, Solkan, Krakow. Building to competing in ECA Junior Cup races or similar; targeting sites specifically at those hosting Junior Championships in the future.		Competing at age range championships, ECA Junior Cups and open international events. Seeking exposure to future age related competition locations and training camps.
Notes	<p>Learning about the sport not specialising. Focus on fundamental basics of technique, building white water confidence and experiences of different site.</p> <p>Land based work should focus on learning correct techniques for movement patterns to transfer to lifting in the future. Introduction into boat based conditioning as long as they hold posture. Learning to race.</p>	<p>If athletes can't access white water 5 sessions a week then adding in additional flat water, gym or alternative activity should be considered. At this level location can influence gated white water vs. moving water sessions.</p> <p>Building strength on land to transfer into boat (dependent on previous training history and biological age). A more consistent and regular approach to boat based conditioning.</p>	<p>Winter period focusing on the advancement of technical and general physiological progression. In the summer a 'delivery focus' for selection race events. Physiological investment turns more towards paddling specific speed, and the maintenance of it over a sustained period.</p> <p>Gym based training moving towards loading and lifting to be able to produce more force in the boat.</p> <p>Other sports should be used to address any areas of development i.e. coordination, balance, flexibility.</p>

Types of sessions

- Off the water strength training (circuit training / HIIT Training / Gym sessions)
- Gate training – ideally on rough white water, paddled fast / high intensity – lots of options
- Intervals – different intervals will have different training effects:
 - 10sec / 50-60 rest x 10reps – max speed
 - 5-8sec / 60 rest x 12reps- explosive acceleration
 - 30sec/30 rest x 8+reps – speed/power endurance (peak lactate tolerance)
 - 20sec/10rest x 8+reps – speed endurance / efficiency at top speed
 - 10 sec / 10 rest x 12reps – increases powerHIIT training
- Other sports / PE and other paddling