Training Sessions

Training Session components 1: Warm-up at beginning of all water sessions				
Type of activity	**Activities**	**Index**	**Time**	**Benefits**
On-land warm-up	**Go for a 5-minute jog**	**W1**	**5 mins**	**Raise body-temperature**
On-the-Water Warm-up	**Paddle around at 1/2 pressure, building to 3/4 pressure, using the full range of strokes, and including 4/5 short flat-out sprints – 5/6 strokes each**	**W2**	**5 mins**	**Raise body-temperature Neural activation**
Dynamic Stretching	**Back to 1/2 pressure, using again the full range of strokes while paddling around, but exaggerating the range of all strokes; also cross-bow work**	**W3**	**2 mins**	**Loosen up muscles within normal paddling range**
Inner Circles	**4 x 5 circles, paddling on inside of turn only – no crossbows – no pause between strokes - building speed & tightening circle simultaneously (2 each side)**	**W4**	**10 mins**	**Technique Smoothness Core activation**
Speed-Work	**Gradual build from paddling at 1/2 pressure to 10-stroke sprint followed by gradual step-down to light paddle for 30 secs, repeated 5 times**	**W5**	**3 mins**	**Neural activation Accustoming sub-conscious to the feel of flat-out boat-speed Mental practice: keeping spectator focus on speed**

Training Sessions

Training Session Components 2: Race runs in various forms				
Type of activity	**Activities**	**Index**	**Time**	**Benefits**
Half Runs (Race practice)	**Max speed down a 50-60 sec section of an actual course: 4 runs, 30 mins between runs**	**RP2**	**4 mins [100 mins]**	**Overspeed gate training Race Practice/Simulation**
Progressive Halves	**Max speed down the first half of a course – 10 mins active rest – max speed down second half – 15 min walkback – repeat course in halves – then 1 full run at max speed down whole course**	**RP3**	**6 mins [60 mins]**	**Sub-conscious programming (Minimises get-off time in cold weather) If timed, and each half started/finished thru' same gate, can be used to get full race pace up to half-race pace (mentally)**
Progressive Thirds	**Max speed down first third of a course – 5 mins active rest – max speed down second third – 5 mins active rest – max speed down third section – 15 min walkback – repeat course in thirds – then 1 full run at max speed down whole course**	**RP4**	**6 mins [60 mins]**	**Sub-conscious programming If timed, and each third started/finished thru' same gate, can be used to get full race pace up to third-race pace (mentally)**
Progressive Quarters	**Max speed down 1st quarter of a course – 3 mins passive/active rest – 2nd quarter – etc – complete three courses like that, with 15 min walkback in between**	**RP5**	**6 mins [60 mins]**	**Sub-conscious programming Neural activation ATP-CP fitness**
Progressive Fifths	**Max speed down 1st fifth of a course – 2 mins passive/active rest – 2nd fifth – etc – complete three courses like that, with 15 min walkbacks in between**	**RP6**	**6 mins [60 mins]**	**Sub-conscious programming Neural activation ATP-CP fitness**
Start-line simulation	**5 x 1st 20-25 secs of course flat out, 5 min walk-back or paddle-back. After 1st run, W 3,5 & mental prep before each run**	**RP7**	**2 mins [40 mins]**	**Sub-conscious programming Neural activation ATP-CP fitness Race-day practice**
Max speed session: drops	**5 x 20 secs flat out & through next 3/4 gates at each major drop up to 3; 3-5 mins walk-back (or active recovery between drops)**	**RP8**	**5 mins [up to 80 mins]**	**Sub-conscious programming Neural activation ATP=CP fitness**
Max speed session: wave trains	**As for RP 8, but on sections between drops, especially wave-trains from upstreams**	**RP9**	**5 mins**	**Sub-conscious programming Neural programming ATP-CP fitness**

Training Sessions

Training Session components 3				
Type of activity	**Activities**	**Index**	**Time**	**Benefits**
White-water play	Surfing etc on the roughest water available, minimising rest between manoeuvres	Tech1	10 mins [20 mins]	Skill/Technique Acquisition Neural Activation ATP/CP fitness
Pirouettes 1	6 x sprint into eddy across eddy-line – radical pivot upstream – sprint out – 2 mins rest (no gate)(3 each side)	Tech2	1 min [10 mins]	Boat/edge control Upstream technique Sub-conscious programming
Pirouettes 2	6 x sprint into eddy across eddy-line – radical pivot downstream – sprint out – 2 mins rest (no gate)(3 each side)	Tech 3	1 min [10 mins]	Boat/edge control Downstream-in-eddy technique Sub-conscious programming
Rough-water sprint	6 x 20-30 sec flat-out sprints down roughest water available, ending through an upstream (finished out at max speed). Carry-back c. 4-5 mins	Tech4	3 mins [30 mins]	Skill/Technique Acquisition Neural Activation
Broken paddles	6x 20-30 sec course of upstreams on alternate sides, paddling with upstream paddle only (no cross-bows). 2 mins rest.	Tech 5	3 mins [15 mins]	Boat control Edging Acceleration out of & into eddies
30/110	As progressive quarters above, but 1st 2 times down never more than 30% of max. weight on paddle-blade. 3rd time down, 110% of max. weight on paddle for every stroke where humanly possible	Tech 6	8 mins [60 mins]	30%: Gaining feel of water/course/places on course Becoming more subtle 110%: can I do it at that power? How fast is too fast? Both: neural activation
Acceleration Power	2 sets of 5 x 5 secs max power acceleration, starting with boat moving firmly backwards, 1 min rest (4 mins between sets)	Str 1	1 min [15 mins]	Improves strength & max explosive power Neuromuscular training Do from stationary
Spins	2 x 4 x tail-spin 720 degree: max speed – reverse sweep – explosive sliced bow draws to keep tail down 2 min rest (2 each side)(5 mins rest between sets)	Str 3	2 mins [20 mins]	Strength endurance Speed-specific strength
Impossible moves shorts	5 15-30 sec courses 'beyond the realms of possibility'. Do each 5x, 2 mins rest after each, absolute max speed	Str4	10 mins [60 mins]	Strength Boat-control Neural activation Sub-conscious programming

Training Sessions

Training Session components 4				
Type of activity	**Activities**	**Index**	**Time**	**Benefits**
High-Speed gates	**Short, difficult sequences of gates (15-20 secs) performed flat-out x 5 (last one with eyes shut), 2-3 mins rest between runs, 5 mins between sets. 3 sets.**	**Smax1**	**3 mins [45 mins]**	**Subconscious programming Skill/Technique acquisition (gates) Neural activation Acceleration technique ATP/CP fitness**
High-Speed staggers	**5 x 20 sec easy staggers performed flat-out, 2-3 mins between each run (or walk-back)**	**Smax2**	**2 mins [15 mins]**	**Skill/Technique Acquisition Neural Activation ATP/CP fitness**
Aggressive Thirds 1	**1st run: in thirds; 2/3 easy downstreams only; 110% every stroke; aim to be shattered by end of each piece. 3mins active rest between pieces; 15 min walkback 2nd run: as first, but 1 upstream in each piece, taken at max speed 3rd Run: as 2nd run, but 2 upstreams in each piece**	**Smax 3**	**6 mins [60 mins]**	**Power endurance Speed endurance Improves paddling efficiency at full speed Promotes relaxation at full speed Skill: helps to identify whether slowing down at particular gates really necessary**
Aggressive Thirds 2	**1st run: in thirds; 1 upstream & 2/3 easy downstreams only; 110% every stroke; aim to be shattered by end of each piece. 3mins active rest between pieces; 15 min walkback 2nd run: as first run, but 2 upstreams in each piece, taken at max speed 3rd Run: as 2nd run, but 3 upstreams in each piece**	**Smax 4**	**6 mins [60 mins]**	**Power endurance Getting accustomed to pain round gates Improves paddling efficiency at full speed Promotes relaxation at full speed Skill: helps to identify whether slowing down at particular gates really necessary**
Aggressive Quarters 1	**As Aggressive Thirds 1, but course done in quarters**	**Smax 5**	**6 mins [80 mins]**	**As Aggressive Thirds 1**
Aggressive Quarters 2	**As Aggressive Thirds 2, but course done in quarters**	**Smax 6**	**6 mins [80 mins]**	**As Aggressive Thirds 2**
Tremblay Starts	**2 or 3 sets of 8 7-sec starts from stationary. 53 secs active rest between starts. 5 mins rest between sets**	**Smax 7**	**3 mins [35 mins]**	**Starting Power Paddling technique to get full weight on blade**

Training Sessions

Training Session components 5				
Type of activity	**Activities**	**Index**	**Time**	**Benefits**
Kiprotich 1	**As many repetitions as possible flat out, 20 secs flat out (flat water), 10 secs gentle paddle recovery. 10 mins passive/active recovery afterwards**	**SE1**	**3 mins [15 mins]**	**Speed endurance Improves paddling efficiency at full speed Promotes relaxation at full speed**
The Lactate Doser	**5/6 x 120 secs at max race speed followed by 4/5 mins of gentle paddling (continuous). 10 mins passive/active recovery**	**LT1**	**12 mins [50 mins]**	**Optimises speed at lactate threshold Upgrades neuromuscular efficiency at race pace Encourages mental toughness Heightens vVO2max**
The Full Run Super Set	**5/7 x 30 secs flat out, 60 secs close to race pace, 3 mins gentle paddle recovery (continuous). 10 mins passive/active recovery after set.**	**LT2**	**9 mins [45 mins]**	**Improves lactate threshold**
Greyhounds	**12 x 10 sec sprint from standing start, 3 secs deceleration, 5 secs passive rest/refocus. 10 mins gentle paddle recovery**	**LT4**	**2 mins [20 mins]**	**Increases power Raises lactate threshold Improves paddling economy**
Shipley 1	**2 sets of 8 x 45 sec max.speed course (easy gates), 135 secs paddle-back/active recovery. 10 mins recovery between sets**	**LE1**	**12 mins [60 mins]**	**Increases Lactic Endurance Improves paddling economy at max speed**
Billat 1	**As many intervals as possible of 30 secs flat out, 30 secs light paddle recovery, continuous**	**VO1**	**4-6 mins [8-12 mins]**	**Peak lactate tolerance Increases VO2max Improves vVO2max**

Training Sessions

Training Session Components which I no longer use - but you can if you wish				
Type of activity	**Activities**	**Index**	**Time**	**Theoretical Benefits - and reasons I no longer use them**
Full Runs (fitness)	**Max speed runs down an open course: 4 runs, 10 min walkback between runs**	**RF1**	**8 mins [40 mins]**	**Not recommended I have never recommended this**
Half Runs (fitness)	**Max speed down a 50-60 sec section of an open course: 6 runs, 5 min walkback between runs 1 & 2, increasing by 1 min each time**	**RF2**	**6 mins [45 mins]**	**Not recommended for this purpose I have never recommended this**
Full Run (Race practice)	**Max speed run down an actual course, as in a race: 3 runs, 40 mins between runs**	**RP1**	**6 mins [90 mins]**	**None, he joked Race Practice/Simulation I have never recommended this**
Kiprotich 2	**2 sets (10 mins rest between) of 4 x 120 secs @ 10% below race speed, 30 secs flat out, 2 mins active rest**	**SE2**	**20 mins [45 mins]**	**Speed endurance: prevents 'fade' 10% below race pace will tend to reduce expectation**
Berger Loops	**45-sec loop course (gates; rough water). 2 sets of 4x with 40 sec rests; 3x with 30 sec rests; 2x with 20 sec rests (all flat-out). 5 mins rest between sets**	**LT5**	**12 mins [30 mins]**	**Increases power Raises lactate threshold Subconscious programming Rough water makes intensity hard to control/ measure**
The Oxygen Special	**3 or 4 x 4 mins @ c.10% below race speed, 4 min gentle paddle recovery (continuous) 10 mins gentle paddle recovery to finish**	**LT3**	**16 mins [30 mins]**	**Upgrades speed endurance Increases VO2max Improves lactate threshold 10% below max too difficult to calculate and maintain**
Shadow Loops	**2 sets of 8 x 45 sec max.speed) on flat water, 135 secs at medium pace (HR 155-170). 10 mins recovery between sets**	**LE2**	**12 mins [60 mins]**	**Increases Lactic Endurance Improves paddling economy at max speed 45 secs at full speed insufficiently sport-specific**
Pyramid Loops	**45 secs loop course. Max. speed runs of 1 loop, 2 loops, 4,2,1,2,4,2,1 loops. 1:1 work:passive rest ratio (on time: ideal to do with a partner)**	**LE3**	**15 mins [30 mins]**	**Increases Lactic Endurance Improves paddling economy at max speed 45 secs far too long to get the desired effect**
Stroke Power	**2 sets of 5 x 5 stroke max power acceleration from rest, 20 strokes (LRLR) at max power letting boat glide 2/3 secs in between, 5 stroke max power acceleration, 2**	**Str 2**	**4 mins [25 mins]**	**Improves strength & max explosive power Neuromuscular training to use that power every stroke**

Training Sessions

	mins rest (5 mins rest between sets)			**Eliminates Stretch-shortening cycle**