

Yorkshire Region Dry Training

Warm Up

.....and why it is important to a
paddler

Why should you warm up before exercise?

- More effective training sessions and competition
- Reduce the risk of injury

Why should you warm up before
exercise?

What are you 'warming up' or preparing?

WARM UP?

Circulation – fuel in, waste out

Respiration – oxygen in, CO₂ out

Physiology – the body's chemistry

Range of motion – reach required

Muscles – activation, strength

Skills – those you are to / could use

Equipment preparation

Mental preparation

Fuel

How is the warm up constructed

How long does it need to take?

When should it start and finish?

Is it the same for training and competition?

Does it change for different session types?

What/who do you need to help?

On the water, on the bank?

How do you know when you are 'warmed up, ready to go'?

Working in small groups.....

Pull together a list of everything you think it would be useful to include within your warm up and how the timings would work:

15mins then feedback

Warm down.....

What is this for?

What should be included in your warm down?

In Summary

Warm up – 10-30mins to include gradual increase in intensity section, going through key technical drills, some high intensity work, mobilisation, muscle activation (esp shoulder), and some recovery (whilst keeping muscles warm) prior to activity or race

Warm down – 10-20mins of reducing intensity work to encourage blood (and waste product) flow from muscles, mobilisation, potentially foam rolling, hydration, refueling