

SKI PADDLERS (12 Sessions) by Rick Duncan

This paddling program is for those who have been paddling for at least 1-2 years or have the paddling skills.

The 4 week block goes from late September through October.

Mid week sessions done on flat or protected water with 1 session in open water with waves or surf.

Strength Week

Warm up 1000m at 50% - 60%

Main Set

10 x 5minutes at 60% - 70% 1 min rest between

Warm down 1km 65%

Strength Week

Warm up – run / stretch easy paddle 700m

Main Set

10 x 2 min at threshold pace 1 min rest
5 x beach starts with 20 sec effort

Strength Week

Warm up jog, stretch

Main Set

Ergo session on paddle and rowing
5 x 4 min on both machines

Power Week

Warm up run / stretch

4 x 25 at 50%

4 x 25 at 60%

4 x 25 at 70%

Main Set

10 x {1min L3 (70%), 1 min at 90%), 30 sec (70%), 1 min at 90%,
1 min REST}

5 x beach starts with 15 sec effort

Cool down – 1km easy

Power Week

Warm up Run / Stretch

4 x 25 at 50%

4 x 25 at 60%

4 x 25 at 70%

Main Set

1500m at 60-70%

20 x 30 sec at 100% from stationary position

rest active for 1.30min

cool down 1500m at 60%

Power Week

Warm up – stretching

Gym rotational exercises

Main Set

4km at 60-70%

cool down

4 Ins and Outs work on balance and technique for catching and riding waves

punching out through break

Speed Week

Warm up

Run / Stretch

4 x 25 at 50%

4 x 25 at 60%

4 x 25 at 70%

Main Set

8 x 2 min at 90% then 15 strokes at 100% rest for 2 minutes after every effort

10 x 20 seconds beach start

1.40 min active rest, return to beach

Cool down 5 min paddle

Speed Week

Warm up stretching / run

4 x 25 at 50%

4 x 25 at 60%

4 x 25 at 70%

Main Set

3 x 13 minutes (2min at 90%, 3 min at 70%, 3 min at 90%, 5 min at 70%) 3 x

1.00 min starts from beach

Speed Week

Warm up run / stretch

2km paddle at 60%

Main Set

12 x 1 min efforts from behind break to beach with easy return (40mins)

Cool down 2km return paddle at 60-70%

Competition / Recovery

Warm up run / stretch

1 lap easy

4 x 1 min (1 at 60% then 70%), 30 sec rest

Main Set

Time trial 1500 metres

Ski Relay 4 teams of 5

Cool down 5 mins paddle

Competition / Recovery

Warm up run / stretch

4 x 25 strokes at 50%

4 x 25 strokes at 60%

4 x 25 strokes at 70%

Main Set

4 x 7 min at (70%)

4 x 4 mins at (50%)

5 x beach starts with 20 sec effort

1.40 active recovery

Cool down 5 mins paddle

Competition Recovery

Warm up run / stretch

Easy paddle 4km at L2

Main Set

Return from back of break

6 at 80% - 90%

Easy out (active rest)

5 starts at 100% through break with easy return

Cool down 5 min easy paddle