

Surf Boats by Robby Meijer

Recovery Sessions

1. 4 x 15 mins Steady/State rating approx 22 strokes per minute
2 mins rest in between change sides on 4
2. 5 x 10 min S/S rating 1 at 20 strokes per minute, 2 at 22, 3 at 23, 4 at 23, 5 at 22
2 min rest in between change sides on 5
3. 10min at 22 strokes per minute, 5 min at 24, 10min at 22, 5 min at 24,
change sides 10 min at 22
4. 20min rating 22, 20 min rating 23, 20 min rating 22, swap sides

Aerobic Sessions

1.
 - a. 5 min warm up
 - b. 5 min 1st, 3rd and 5th minutes Steady/State, 2nd and 4th @ 85%
 - c. 5 min, 2 and 4 S/S; 1,3 and 5 85%
 - d. 5 min, 3 S/S; 1, 2, 4 and 5 @ 85%
 - e. 5 min at 85%
 - f. Repeat d,c,b and a swap sides
2. 5 min warm up
10 min drag
5 min at 85%
40 min in and out break
3. 2 x 5 min warm up
8 x turns 10 in and out
8 x starts
2 x 5 min warm down swap sides
4. 2 x 5 min warm up
wave catching and surf skills
2 x 5 min warm down swap sides

Anaerobic Threshold Sessions

1. 2 x 5 min warm up
4 x full boat races 1 at 80%, 2 at 90%, 3 at 100%
4 at 80% - full rest
5 min warm down and swap sides
2. 2 x 5 min warm up

3 x double boat races with full rest

1 - 85% beach to out of can S/S back

2 - S/S with 40 stroke at 100% on way out and in

3 - S/S out 85% in to can and back to beach 5 min warm down swap sides

3 2 x 5 min warm up

Start Pyramid 10 strokes, 20, 30, 40, 50, 60, 50, 40, 30, 20, 10 out at race pace; S/S back to beach

5 min warm down swap sides

4 5 min warm up

8 x 50 stroke race off beach

S/S back to beach

5 min warm down, swap sides