

Board Sessions By Deacon Spicer, Nigel Tebb, Wade Sinclair

1 - Comp Phase Speed Endurance

Warm up – Jog – Bull Rush (10 mins)
5mins 5mins

Main – 3 (6 x 45 sec) at 95%
40 sec Rep Rest
5 min set rest

Cool down – 5 min at 50-60% Paddle
10 waves
stretch (static)

2 – Comp Phase Recovery Session

No real need for warm up

Main – 40 min at 70%

Cool down – stretch

3 – Comp Phase Aerobic (Vo2max)

Warm Up – Touch Footy
Stretch (Ballistic)

Main 2 x 5min on 6.30 at 80%
5 min waves (active recovery)
2 x 5min on 6.30 at 85%
5 min waves
2 x 5min on 6.30 90%

Cool down – 10 min waves
Stretch (static)

4 – Comp Phase Speed endurance

Warm up 5 min jog / 5 min run in the soft sand
Stretch

Main 3 (6 x 1 min) at 90%
40 sec rest / 3 min rest (set)

Cool down | Body surf 10 mins

Static stretch

5 – Comp Phase

Aerobic

Warm up 10 min strength (body weight)
Stretch

Main 12 x ¾ race distance ins and outs continuous at 75%

Cool down 10 min waves
Stretch

6 – Comp Phase

Warm up 10 min beach soccer
Stretch

Main 1 x 10min at 60%
3 x 5min at 80%
5 x 2min at 90%
1 x 10min at 60%

Cool down Body Surf
Stretch

7 – Speed Endurance

Warm up Walk 5 mins jog 5 mins shuttle run 5 min
10 x 1 min
Rest 90 sec 95% effort

Cool down starts and 30 strokes x 5 at 50%
10 cool down run

8 - Aerobic

Warm up 5 min easy paddle 5 min MID
45 min of 5 Min at 60% - 5 min at 70%

Cool down waves – 20 min

9 Aerobic

Warm up – 20 min with some power

Main up work
3 x 5 – 80%
4 x 3 – 80%

5 x 2 – 85%

Rest 90sec per effort

Cool down – run 10 min
Board 10 min Stretches

10 Lactate Tolerance

Warm up run 10mins paddle 10mins
Stretches 15 min

Main 10 x 2 mins at 95%; 2 mins recovery

11 Aerobic

Warm up – run 10mins – paddle 10mins

Main 4 x 10 mins at 75%
Technique flat water

Cool Starts x 15 at 75% no strokes
Stretches

12 Anaerobic Threshold

Warm up beach relay at 75% 4 run each
stretches

Main 5min x 5 at 85%
cool down 20 min board waves
stretches