



Board Yearly Training Plan

June 2016



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Overview

Attached is a seasonal training program that is designed for a Developing Board Paddler. There are two sessions a week shown as a guideline demonstrating progression in time, distance and intensity throughout the season. This program is designed to get a paddler to the stage where they are able to take part in competition and be competitive. It would provide them with the necessary skills, fitness and training to take part in Branch and State level competitions.

To progress to National level performance the number of sessions would increase to four to six on a consistent basis. Distance covered in these session would be 6-10km. Three to four swim sessions and two gym sessions would be included into the weekly schedule also.

Sessions can be adjusted depending on conditions and availability of resources (waves, flat water). All risk management requirements need to be adhered to in the implementing of these sessions.

Off Season- Phase 1

	May				June				July				August			
Morning																
Afternoon		x- train				x- train				x- train				x- train		
Evening																

Pre-Season- Phase 2

	September				October				November				December			
Morning																
Afternoon																
Evening	Endurance Skills Train 2x				Endurance Skills Train 2x				Strength ANT Train 3x				Strength Speed Train 3x			

Competition Season- Phase 3

	January				February				March				April			
Morning																
Afternoon																
Evening	Strength Speed Train 4 x				Race Pace Train 4 x				Race Pace Train 4 x				TAPER Train 3-4 x			

October Week 1 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	50 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch Equipment for 15 min circuit 	30 min of paddling, concentrating on good technique		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Good technique	Good form in exercises	Stay on knees for 60% of the session L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch		2 x 6 min (2 min rest) 2 x 5 min (90 sec rest) 2 x 4 min (60 sec rest) 15 min circuit- 5 stations 60 sec on/ 30 sec off Perform circuit twice		3 min stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	X
Power		Long term Energy (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility	X			Recovery	
Agility	X			Reversibility	

October Week 1 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	50 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	30 min of paddling skills		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Technique	Skills	% of training heart rates L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch		5 x 3 min (60 sec rest) - length of stroke. Aim to keep hands entering at the front handles throughout the set. 5 x 3 min (60 sec rest) - working on getting chin down close to the board. 10 min skills- wave negotiation, or wash riding if flat.		3 min paddle down 3 min stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	X
Power		Long term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	
Flexibility				Recovery	
Agility				Reversibility	

October Week 2 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	Equipment required: <ul style="list-style-type: none"> Waterproof watch Medicine balls Skipping rope 	Broad purpose of the training session: 32 min of paddling 16 min general fitness		
Duration:	55 minutes			Key skill area 1: Hold technique as intensity increases	Key skill area 2: Hold form in exercises	Training Notes: L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up) 5 min run/ stretch		GET INTO IT (main session activities) 8 min at L2-L3 effort (60 sec rest) 2 x 4 min at L3-L4 effort (60 sec rest) Repeat twice. Circuit: 4 min shuttle runs 4 min skipping 4 min steady run 4 min medicine ball throws		FINISH UP (cooling down) Stretch and review	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long term Energy System (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility				Recovery	
Agility	X			Reversibility	

October Week 2 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	Equipment required: <ul style="list-style-type: none"> Waterproof watch Tape 	Broad purpose of the training session: 32 min of paddling concentrating on board trim 10 min starts		
Duration:	55 minutes			Key skill area 1: Paddling into chop	Key skill area 2: Chasing runs	Training Notes: Skills L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up) 5 min run/ stretch		GET INTO IT (main session activities) Paddle out: 4 min checking the nose of the board is clearing the chop and the legs are being used to adjust the trim of the board. Paddle back: speed the stroke rate to catch the runner and rest when on the run. Repeat 4 times.		FINISH UP (cooling down) Mark the hand entry point with tape. Do 8 x 60 sec with a 30 sec rest with hands reaching the marked point.	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	
Agility				Reversibility	

October Week 3 Session 1

Overview							
Venue:	Down-wind Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:			
Duration:	1 hour			<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Improve stamina and time spent on knees	Key skill area 1:
				Endurance	Chop catching	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100%	
<u>All rests are active at L1 = 50%</u>							

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch		Drop paddle 45 min up wind Paddle back chasing runs On return do 5 x 400 m runs on 3 mins		Easy jog/ stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	X
Power		Long term Energy (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility				Recovery	
Agility				Reversibility	

October Week 3 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> 2-3 cans Starting poles 2 turning poles Stopwatch 	Hold technique and pacing over distance		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Race practice	Technique	Pacing L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch Explain session		7 x 5 min (90 sec rest) Set cans for a 5 min course: 1 st is a warm up 2 nd and 5 th = L2-L3 3 rd and 6 th = L3-L4 4 th and 7 th = L4- AT Time each to ensure they're getting faster		Catch waves or easy paddle	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long term Energy System (Aerobic System)		Individualisation	X
Endurance	X			Variation	
Flexibility				Recovery	
Agility				Reversibility	

October Week 4 Session 1

Overview						
Venue:	River	Athlete Communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	Equipment required: <ul style="list-style-type: none"> Video 	Broad purpose of the training session: Video feedback. Adapt to the increased work load over the last month		
Duration:	45 minutes			Key skill area 1: Technique	Key skill area 2:	Training Notes: L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up) 5 min run/ stretch 5 min easy paddle		GET INTO IT (main session activities) 6 x 2 min (60 sec rest) Video all paddlers from various angles. Review the video with paddlers. 6 x 2 min (60 sec rest) Get paddlers to concentrate on technique, both weaknesses and strengths.		FINISH UP (cooling down) Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	
Power		Long term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility				Recovery	X
Agility				Reversibility	

October Week 4 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	Equipment required: <ul style="list-style-type: none"> 2- 3 cans Turning poles 	Broad purpose of the training session: Adapt to the workload over the last month. Team bonding.		
Duration:	50 minutes			Key skill area 1: Entry and exit of water	Key skill area 2: Transitions	Training Notes: L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up) 5 min run/ stretch		GET INTO IT (main session activities) Paddle out 100 strokes – turn and return to shore. Drop board and run around poles (100m). Grab board and paddle out 80 strokes- turn around and return to shore. Drop board and run around poles. Repeat twice. Split squad into equal teams and do 2-3 board relays.		FINISH UP (cooling down) Waves Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power		Long term Energy System (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility				Recovery	X
Agility	X			Reversibility	

November Week 1 Session 1

Overview						
Venue:	River	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch Bungy cord 	36 min of paddling to increase power into stroke		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Strength	Endurance	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
2 min paddling 2 min chin touching drill Repeat twice. 10 strokes fast, 10 strokes easy 20 strokes fast, 20 strokes easy 30 strokes fast, 30 strokes easy Repeat twice.		8 x 4 min (30 sec rest) 2 paddling, 2 with bungy cord.		2 min easy paddle and stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	
Power		Long term Energy System (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility	X			Recovery	
Agility				Reversibility	

November Week 1 Session 2

Overview					
Venue:	Beach	Athlete Communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	Equipment required: <ul style="list-style-type: none"> Waterproof watch Equipment for 12 min circuit 	Broad purpose of the training session: 36 min of paddling. Emphasis on starts and finishes	
Duration:	1 hour			Key skill area 1: Starts off beach	Key skill area 2: Fitness

List of Key Activities					
START OUT (warming up) 5 min run/ stretch 5 min easy paddle		GET INTO IT (main session activities) 4 x 4 min- 1 out to sea, 1 return to shore First 50 strokes off the beach at a race pace and executing finish on return. 10 x 2 min (as above) 12 min circuit: 40 sec on/ 20 sec off 6 stations twice through		FINISH UP (cooling down) 2 min easy run and stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power		Long term Energy System (Aerobic System)		Individualisation	
Endurance	X			Variation	X
Flexibility				Recovery	
Agility	X			Reversibility	

November Week 2 Session 1

Overview						
Venue:	River	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 5 minutes			40 mins of paddling concentrating on power	Key skill area 1:	Key skill area 2:
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch Bungy cord 	Power	Endurance	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 2 min long strokes with glide 1 min paddle		6 x 1 min (30 sec rest) with bungy cord 4 x 4 min (40 sec rest) no cord 4 x 2 min (60 sec rest) with bungy cord 10 x 1 min (20 sec rest) no cord		3 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	X
Power	X	Long term Energy System (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility	X			Recovery	
Agility				Reversibility	

November Week 2 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 5 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	40 min of paddling with 25% at race pace		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Race pace paddling	Stamina and endurance	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch Paddle out easy to behind the break		4 x 5 min (60 sec rest) behind break along the shore 20 x 1 min (60 sec rest) 1 at race pace and 1 strong		Waves or easy paddle	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	
Flexibility				Recovery	
Agility				Reversibility	

November Week 3 Session 1

Overview						
Venue:	River	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 5 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch Bungy cord 	44 min of paddling and adding power to stroke.		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Endurance	Power	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min paddle		6 min with bungy cord 2 x 5 min (60 sec rest) paddle 3 x 4 min (60 sec rest) paddle with bungy cord 4 x 3 min (60 sec rest) paddle 4 x 60 sec (60 sec rest) paddle - 30 sec sprint/ 30 sec easy		3 min easy stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	X
Power	X	Long term Energy (Aerobic System)	X	Individualisation	
Endurance				Variation	
Flexibility				Recovery	
Agility				Reversibility	

November Week 3 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> NA 	Endurance with a run emphasis		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Endurance	Transitions	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch		Paddle back with runs for 60 mins. At certain landmarks paddle in, drop board and run to the top of the beach then back down to board. Aim for 8 – 10 runs up the beach		Waves Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long term Energy (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility				Recovery	
Agility				Reversibility	

November Week 4 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	50 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> NA 	Recovery		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Recovery	Technique	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 2 min stretch in front stroke 2 min chin touch 2 min glide stroke		4 x 4 min- 1 out to sea and 1 return (60 sec rest) 10 x 20 stroke starts. Easy in Board rescue races for 10 mins		Bodysurf/ waves	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	
Power		Long term Energy System (Aerobic System)	X	Individualisation	X
Endurance				Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	

November Week 4 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	50 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> 2 turning poles 	Recovery, technique and skills		
				Key skill area 1: Skills	Key skill area 2: Wave catching	Training Notes: Transitions L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch		1 wave/ 2 wave / 3 wave Catch wave return to shore, run 100 m then paddle back out Catch 2 waves- return to shore, run 100m, paddle back out Catch 3 waves- return to shore, run 100m, paddle back out		3 min easy paddle/ stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	
Power	X	Long term Energy System (Aerobic System)		Individualisation	
Endurance				Variation	X
Flexibility				Recovery	X
Agility	X			Reversibility	

December Week 1 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour			Introduce speed and stroke counts		
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 2 poles 	Key skill area 1:	Key skill area 2:	Training Notes:
				Speed	Stroke count	Run L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min easy paddle		4 x 4 min- 1 out to sea, 1 return (60 sec rest) 2 x 1 min (45 sec rest) out to sea aim for 70 strokes per min. Paddle back in easy Repeat twice 12 x 100m runs on 60 sec		400 m easy run Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)		Individualisation	X
Endurance				Variation	X
Flexibility				Recovery	
Agility	X			Reversibility	

December Week 1 Session 2

Overview						
Venue:	River	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 5 minutes			40 min of paddling	Key skill area 1:	Key skill area 2:
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch Bungy cord 	Endurance	Strength Power	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min easy paddle 5 strokes long 5 strokes chin touch 5 strokes fast Repeat 3 times		4 x 5 min (60 sec rest)- 1 bungy, 1 paddle 8 x 2 min (30 sec rest)- first 10 strokes fast		3 min easy paddle	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long term Energy System (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility				Recovery	
Agility	X			Reversibility	

December Week 2 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	Equipment required: <ul style="list-style-type: none"> 2 start cans 2 buoys 2 finishing poles 	Broad purpose of the training session: Race practice – introducing speed off the beach to the first can		
Duration:	1 hour 10 minutes			Key skill area 1: Speed off the beach	Key skill area 2: Starts/ finishes	Training Notes: L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up) 5 min run/ stretch 5 min paddle 10 strokes fast, 10 strokes easy 20 strokes fast, 20 strokes easy Repeat 3 times		GET INTO IT (main session activities) Set cans 2 mins off the beach. 6 x races out to the can/ off the beach. Easy across to the 2 nd can and race back to shore. 6 x 30 strokes starts off the beach- easy in.		FINISH UP (cooling down) 3 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy System (Aerobic System)		Individualisation	
Endurance				Variation	
Flexibility				Recovery	
Agility	X			Reversibility	

December Week 2 Session 2

Overview						
Venue:	River	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 10 mins	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch Bungy cord 	46 min of paddling using power and technique		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Endurance	Technique	Power L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min easy run/ stretch 5 min easy paddle 5 strokes chin touching board 10 strokes building speed Repeat 4 times		4 min (60 sec rest) 3 x 3 min (40 sec rest) 4 min (60 sec rest) 3 x 2 min (30 sec rest) Repeat twice Do the 4 mins with bungy cord aiming to keep the stroke long and controlled.		3 min easy paddle	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	X
Power	X	Long term Energy System (Aerobic System)	X	Individualisation	
Endurance	X			Variation	
Flexibility				Recovery	
Agility				Reversibility	

December Week 3 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 10 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Break the race distance down into sections		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Race preparation	Starts/ finishes	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min warm up 6 x 30 sec build		40 stroke sprint off the beach to behind the break (30 sec rest) 90 sec out to see at AT (30 sec rest) Race back to shore Repeat 6 times 6 x 20 stroke starts/ easy in		3 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)		Individualisation	
Endurance				Variation	
Flexibility				Recovery	
Agility	X			Reversibility	

December Week 3 Session 2

Overview						
Venue:	River	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 3 cans 	50 mins of paddling with power and technique		
				Key skill area 1: Stamina	Key skill area 2: Turning cans	Training Notes: Finishing strongly L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min easy paddle around cans		Set cans for a 5 min course 8 races around the cans (2 min rest) Time each race and encourage consistency 4 races around cans in small groups.		3 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long term Energy System (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility				Recovery	
Agility				Reversibility	

December Week 4 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	Equipment required: <ul style="list-style-type: none"> 2 poles 	Broad purpose of the training session: Recovery		
Duration:	55 minutes			Key skill area 1: Skills	Key skill area 2: Wave catching	Training Notes: Wave negotiation L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up) 5 min run/ stretch 10 min game of touch		GET INTO IT (main session activities) 1 wave- 100 m transition run 2 waves- 100 m transition run 3 waves- 100 m transition run Repeat for 40 mins Concentrate on skills off the beach and through the break		FINISH UP (cooling down) Waves Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	
Power		Long term Energy System (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility				Recovery	X
Agility	X			Reversibility	

December Week 4 Session 2

Overview					
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:	
Duration:	55 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> 2 cans 2 poles 	Recovery and adapt to the work load over the last month	
				Key skill area 1:	Key skill area 2:
				Starts	Board rescue
					Training Notes:
					L1 = 50%
					L2 = 60%
					L3 = 70%
					L4 = 80%
					AT = 85-90%
					L5 = 100%
					<u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min easy paddle 10 hard strokes, 10 easy 20 hard, 20 easy 30 hard, 30 easy Repeat 4 times		Pick even teams for board relay Do 3 continuous board relays around cans 3 x board rescue races		Waves Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)		Individualisation	
Endurance				Variation	X
Flexibility				Recovery	X
Agility	X			Reversibility	

January Week 1 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 10 minutes			Race specific starts and finishes		
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> 2 cans Start and finish poles 	Key skill area 1:	Key skill area 2:	Training Notes:
				Starts	Finishes	Acceleration L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch Paddle out around cans		Set cans for a 4 min course 3 x races around can 3 x races to cans (30 sec rest) plus race in 6 starts to behind break- catching own wave in		Easy paddle or waves	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)		Individualisation	
Endurance				Variation	X
Flexibility				Recovery	
Agility				Reversibility	

January Week 1 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 10 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	To include a transition run after paddling		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Starts	Run transitions	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch Paddle easy for 5 mins 10 strokes easy, 10 strokes hard 20 strokes easy, 20 strokes hard 30 strokes easy, 30 strokes hard		Race off beach for 60 sec 60 sec at moderate pace Race in and run up the beach for 100 m- walk back Repeat 8 times		5 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long term Energy (Aerobic System)		Individualisation	
Endurance				Variation	X
Flexibility				Recovery	
Agility	X			Reversibility	

January Week 2 Session 1

Overview						
Venue:	River	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 10 minutes			Maintain fitness and endurance		
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch Bungy cord 	Key skill area 1:	Key skill area 2:	Training Notes:
				Fitness	Strength	Technique L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 10 strokes paddle 10 strokes chin touch 10 strokes paddle 10 strokes stretch out Repeat 4 times		6 x 4 mins- concentrating on technique and 2 mins rest 4 x 3 mins pull with bungy cord with 2 mins rest 6 x 1 min aiming for 65 strokes per min		2 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	X
Power		Long term Energy System (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility				Recovery	
Agility				Reversibility	

January Week 2 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 10 minutes			Race specific training		
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> 2 cans 2 turning poles 2 finishing poles 	Key skill area 1:	Key skill area 2:	Training Notes:
				Speed off starts and finishes	Chasing runs	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min easy paddle		Set cans for 3 min course 6 x races around cans with 2 min rest 6 x starts off the beach- 50 strokes, 1 min rest then race back to beach		5 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy System (Aerobic System)		Individualisation	X
Endurance				Variation	
Flexibility	X			Recovery	
Agility	X			Reversibility	

January Week 3 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 10 minutes			Speed/ stroke rate	Key skill area 1:	Key skill area 2:
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Understand stroke rate	Speed	Running L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 3 x 4 min 1- Warm up 2- 30 sec on/30 sec off (easy) 3- Build speed All 30 sec rest		6 x 45 sec (45 sec rest) = 2 at 1 stroke/sec 2 at 50-60 strokes/ 45 sec 2 max 4 x 30 sec max (45 sec rest) 3 min easy paddle 12 x 100 m run/ wade transitions on 60 sec		2 min easy jog Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy System (Aerobic System)		Individualisation	X
Endurance				Variation	X
Flexibility	X			Recovery	
Agility	X			Reversibility	

January Week 3 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 10 mins	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Skills, wash riding, run chasing		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Skills	Chasing runs	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min easy paddle out to sea Chasing runs back to shore		Paddle out 3 mins at a moderate pace Chasing runs back in Repeat 4 times Paddling along the shore in groups of 3-4 of equal ability Paddle in Indian file for 6-8 mins sharing the lead for 1 min each		Waves and easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility				Recovery	
Agility				Reversibility	

January Week 4 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour			Recovery	Key skill area 1:	Key skill area 2:
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> 2 polls Football 	Transitions	Wave negotiation	Wave catching L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min touch football		1 wave, 2 wave, 3 wave Catch a wave to shore, run up and around the poles and paddle back out to sea. Catch 2 waves to shore, run up and around the poles and paddle back out to sea. Catch 3 waves to shore, run up and around the poles and paddle back out to sea. Repeat for 45 minutes.		5 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power		Long term Energy (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	

January Week 4 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Recovery		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Wave negotiation	Technique	Starts L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 3 min easy paddle out to sea, chasing the runs back into shore		4 x 3 mins (45 sec rest)- Concentrating on technique 10 mins sitting in break zone focusing on popping 4 starts with 15 strokes		Waves and easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power		Long term Energy (Aerobic System)		Individualisation	X
Endurance	X			Variation	
Flexibility				Recovery	X
Agility	X			Reversibility	

February Week 1 Session 1

Overview						
Venue:	River	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 15 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch Bungy cord 	Fitness and building stamina		
				Key skill area 1: Endurance	Key skill area 2: Strength	Training Notes: L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 10 strokes paddle 10 strokes chin touch 10 strokes paddle 10 strokes stretch out Repeat 4 times		5 mins at L3 with 30 sec rest 4 mins at L3-L4 with 30 sec rest 3 mins at L4 with 30 sec rest 2 mins at L4- AT with 30 sec rest 1 min at AT with 30 sec rest Repeat 3 times, with the middle set using the bungy cord.		2 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	X
Power		Long term Energy System (Aerobic System)	X	Individualisation	
Endurance	X			Variation	X
Flexibility				Recovery	
Agility				Reversibility	

February Week 1 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	Equipment required: <ul style="list-style-type: none"> 2 cans 2 start poles 2 finishing poles 	Broad purpose of the training session: Race specific training		
Duration:	1 hour 10 minutes			Key skill area 1: Speed off beach	Key skill area 2: Finishes	Training Notes: Running L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up) 5 min run/ stretch 1 easy around cans		GET INTO IT (main session activities) Set cans for 4 min course 8 races around cans (2 min rest) <ul style="list-style-type: none"> Odds are full races Evens are race out to can, take 60 sec rest and race in 8 x 150 m soft sand runs on 130		FINISH UP (cooling down) Easy 500 m jog Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long term Energy System (Aerobic System)		Individualisation	
Endurance	X			Variation	X
Flexibility				Recovery	
Agility	X			Reversibility	

February Week 2 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 10 minutes			Speed and chasing runs	Key skill area 1:	Key skill area 2:
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Starts	Chasing runs	Transitions L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 4 x 3 min (30 sec rest) each getting faster		Start behind the break (30 sec rest) 4 x 30 sec sprints (30 sec rest) out to sea, race in 6 x starts to behind the break catching one wave back to shore		2 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)		Individualisation	
Endurance				Variation	
Flexibility				Recovery	
Agility	X			Reversibility	

February Week 2 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 10 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> 3 cans 	Skills- can turning		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Acceleration	Quick can turn	Starts L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch Paddle out 3 mins Paddle into shore		Set 3 cans in a triangle formation 10 x races from 20 m inside the cans, out and around them Concentrate on maintaining speed and trying to catch runners off the turning can. Do this in singles and doubles. 6 x 60 stroke starts off beach, easy back in.		Waves or 2 min easy paddle	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)		Individualisation	X
Endurance				Variation	X
Flexibility				Recovery	
Agility	X			Reversibility	

February Week 3 Session 1

Overview						
Venue:	River	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 15 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch Bungy cord 	Increase fitness		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Strength	Technique	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min easy paddle and drills		10 x 4 min (60 sec rest)- 1 paddle at L4, 1 with bungy cord 6 x 1 min (45 sec rest)- 1 paddle, 1 build speed, 1 explode first 20 strokes		5 min easy paddle	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	X
Power		Long term Energy (Aerobic System)	X	Individualisation	
Endurance	X			Variation	
Flexibility				Recovery	
Agility				Reversibility	

February Week 3 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	Equipment required: <ul style="list-style-type: none"> Turning poles 	Broad purpose of the training session: Transitions		
Duration:	1 hour 10 minutes			Key skill area 1: Running transition	Key skill area 2: Wave negotiation	Training Notes: Speed off beach L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up) 5 min run/ stretch 4 x 3 min (30 sec rest) each one getting faster		GET INTO IT (main session activities) Paddle out behind break (30 sec rest) Each wave paddle to shore, run up and around poles, race back out behind break Repeat 8 times 6 x 15 stroke starts		FINISH UP (cooling down) 5 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy System (Aerobic System)		Individualisation	X
Endurance				Variation	
Flexibility				Recovery	
Agility	X			Reversibility	

February Week 4 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour			Recovery	Key skill area 1:	Key skill area 2:
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Wash riding	Recovery while paddling	Starts L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min exercises 5 min easy paddle		Wash riding in groups of 3 or 4 of similar ability. Paddle along the shore for 10 mins and return. Swapping leaders every 90 secs. Practice sitting up to recover whilst on wash		Waves or 5 mins easy paddle	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power		Long term Energy (Aerobic System)		Individualisation	
Endurance				Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	

February Week 4 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour			Recovery	Key skill area 1:	Key skill area 2:
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Starts	Technique	Run chasing L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min exercises 5 min easy paddle		4 x 20 stroke starts/ easy in 2 min technique paddle out to sea Catch waves back in Repeat 5 times.		Waves or run/ stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)		Individualisation	
Endurance				Variation	
Flexibility	X			Recovery	X
Agility	X			Reversibility	

March Week 1 Session 1

Overview						
Venue:	River	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour 10 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Maintain fitness, include some speed		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Controlled speed	Stamina	L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 20 strokes easy 15 strokes chin touch 10 strokes fast		4 x 4 min (60 sec rest) at AT 4 x 3 mins (60 sec rest)- first 30 strokes at race pace then continue at AT 4 x 2 min (60 sec rest)- 30 sec fast/ 30 sec easy 6 x 20 strokes fast as starts		3 mins easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength		Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power		Long term Energy System (Aerobic System)	X	Individualisation	
Endurance	X			Variation	
Flexibility				Recovery	
Agility				Reversibility	

March Week 1 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> 3 cans 2 starting poles 2 finishing poles 	Race specific		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Starts	Fitness	Race pace L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch Paddle out and around cans		Set cans for 3.5 min course 1 x race course max pace 3 min easy paddle Repeat 4 times 4-5 starts of 15 strokes/ easy in		5 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)		Individualisation	X
Endurance				Variation	
Flexibility				Recovery	
Agility				Reversibility	

March Week 2 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	1 hour			Work top end speed	Key skill area 1:	Key skill area 2:
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 2 poles 	Speed	Race pace	Transitions L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 4 x 3 min (30 sec rest)- 2 easy/ 2 build speed		2 x 1 min (60 sec rest) at race pace 2 x 45 sec (45 sec rest) at race pace 2 x 39 sec (30 sec rest) at race pace 3 min easy paddle Repeat twice 5 x wade/run transitions in 2 mins		Run Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy System (Aerobic System)		Individualisation	
Endurance				Variation	x
Flexibility				Recovery	X
Agility	X			Reversibility	

March Week 2 Session 2

Overview						
Venue:	River	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	55 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Maintain fitness and speed		
				Key skill area 1: Speed	Key skill area 2: Stamina	Training Notes: Race pace L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 10 strokes easy 10 strokes chin touch 10 strokes stretch out 10 strokes build		2 x 4 min (30 sec rest) at L3 2 x 3 min (30 sec rest) at L3-L4 2 x 2 min (30 sec rest) at L4 10 x 50 strokes at race pace on the 2 mins		5 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy System (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	
Flexibility				Recovery	X
Agility				Reversibility	

March Week 3 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	50 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 2 poles 2 finishing poles 	Race pace preparation		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Starts	Finishes	Transitions L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 4 min paddle out to sea chasing runs back in		6 x 1 min- 1 easy off beach out to sea (60 sec rest). 1 race pace in and finish (60 sec rest) 2 min easy paddle 8 x 45 sec- 1 easy off beach out to sea (60 sec rest). 1 race pace in and finish (60 sec rest) 4 x 20 strokes starts with a run up the beach on return		Waves or 5 min easy paddle	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy System (Aerobic System)		Individualisation	
Endurance				Variation	
Flexibility				Recovery	X
Agility				Reversibility	

March Week 3 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	50 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 2 starting poles 2 finishing poles 	Short, sharp starts- concentrating on speed off the beach		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Starts	Fitness	Speed L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min easy paddle		4 x 2 mins (60 sec rest) at L3-L4. 1 out/ 1 in 10 x 50 stroke starts off the beach Easy wave back in- run finish		5 min easy paddle Stretch	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)		Individualisation	
Endurance				Variation	
Flexibility				Recovery	X
Agility				Reversibility	

March Week 4 Session 1

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	40 minutes			Recovery, sharpen up	Key skill area 1:	Key skill area 2:
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Speed	Race pace	Starts/ finishes L1 = 50% L2 = 60% L3 = 70% L4 = 80% AT = 85-90% L5 = 100% <u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min easy paddle		4 x 2 min (60 sec rest)- 1 out at L3-L4 1 in at L3-L4 8 x 30 stroke starts with finish		5 min easy paddle	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)		Individualisation	
Endurance				Variation	
Flexibility				Recovery	X
Agility				Reversibility	

March Week 4 Session 2

Overview						
Venue:	Beach	Athlete Communities being coached:	Equipment required:	Broad purpose of the training session:		
Duration:	40 minutes	<ul style="list-style-type: none"> Late childhood Early teenage Late teenage 	<ul style="list-style-type: none"> Waterproof watch 	Recovery, sharpen up		
				Key skill area 1:	Key skill area 2:	Training Notes:
				Speed	Race pace	Starts/ finishes
						L1 = 50%
						L2 = 60%
						L3 = 70%
						L4 = 80%
						AT = 85-90%
						L5 = 100%
						<u>All rests are active at L1 = 50%</u>

List of Key Activities					
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 min run/ stretch 5 min easy paddle		4 x 2 min (60 sec rest)- 1 out at L3-L4 1 in at L3-L4 8 x 30 stroke starts with finish		5 min easy paddle	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short- term/ High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	
Power	X	Long term Energy (Aerobic System)		Individualisation	
Endurance				Variation	
Flexibility				Recovery	X
Agility				Reversibility	