



# Surf Ski

## Yearly Training Plan

March 2016



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# Overview

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## Training Plan

This development ski paddlers training plan focuses on the first six months for a new paddler or younger paddlers who have paddled previously, although not with a structured and progressive training plan. The plan consists of two sessions of paddling per week from the start of the season in October and finishing at the end of March around the time of state titles.

### Differences between weekly sessions

As stated the plan caters for paddlers who are beginner or learner paddlers and therefore more emphasis is for skill development, aerobic and muscle endurance rather than training to race especially during the first two months. The session plans can be divided in two as described below however the energy systems trained are very similar for both sessions.

**Session 1** of each week is skill based but the focus is more on developing the energy systems needed for ski paddling. This session enhances and fast tracks the skills learnt in session 2 and should be encouraged for more competent development as well as second and third year paddlers.

**Session 2** of each week is more focused on stroke technique and learning finer skills and could be done at a venue with calmer waters until the paddlers balance and general strength and confidence improves. Athletes for this session should be separated into groups based purely on their skills so they develop confidence in their own ability and in their own time without pressure of more competent paddlers. Having additional coaches or helpers in this session is an advantage to allow for additional groups of paddlers who have advanced quicker in their skill development. Once again this is a very good session for competent development paddlers as well as second and third year paddlers to refine and improve their skills.

Experience has shown that new and younger paddlers may only attend session 2 training for the first months due to their skill development and so time, patience and encouragement must be used by the coach while athletes learn their new skill.

During these first months it is very important for the coach to use the Principles of Training to help develop the skills and variations of the individual athlete and allow for progressive overload and reversibility. Emphasis is also about enjoyment of learning the new discipline and this experience with your surf club mates.

### A general overview of the plan is as follows:

Although the yearly plan is all about learning a new discipline many surf club athletes have been training on boards, swimming through juniors or just being active prior to starting to paddle surf skis. Their general fitness may be good but their paddling muscle strength will need work.

**During the winter months** it is advised that new paddlers under supervision from their development coach join in with the older paddlers' general fitness or cross fit sessions. This training will start to develop the core strength and muscles needed for paddling that they have never used before. Some of these activities are available through the SLSA coaching resources.

It is during this time prior to going on the water that new paddlers are measured up for the appropriate sized skis and paddles. Having the right size equipment is the first step in learning how to paddle a surf ski. Using the SLSA Coaching Resource Pack on ski paddling is a good start for general information about skis, paddles and set up. It is advisable to have a group session to show the DVD, discuss the footage and relevant training issues, and even appropriate clothing they should wear.

**October and November.** These are the first couple of months on the water and are dedicated to the general Aerobic Energy System, paddling fitness and basic paddling skills. All paddlers who attend ski training at this level should be encouraged to attend both sessions during the week when they reach a level of competency. These sessions should be done on flat, calm water so in addition to paddling fitness, paddlers develop their balance, correct paddling technique and gain self-confidence about their ability. Advanced development paddlers and older paddlers learn and practice start techniques, wash riding and communication with their training buddies.

**December and January.** The first three weeks of December has an increase in training to develop the Lactic Anaerobic Energy System and to learn more of the specific skills for ski paddling and competition. There are two weeks of Alactic Anaerobic training at the end of December and the first week of January. The training starts to prepare advanced development paddlers along with second and third year paddlers for competition as well as training and skill development on semi protected beaches with small waves.

During these months first year paddlers and paddlers who may only attend session 2 start to paddle on protected beaches. Athletes learn to cope with the rock and roll of the swell, while maintaining learned posture paddling from the previous months, and using their skill of beach starts in small waves and catching and riding small waves.

**January to March.** During these months the energy systems trained vary from Aerobic weeks for post competition recovery and residual top up of the Aerobic energy system to Lactic and Alactic Anaerobic training. This is in preparation for competition or teaching the body to adapt and use different energy systems. These sessions allow for different physical and psychological paddling skills to be developed or enhanced in a progressive overload situation. The skills trained by paddlers at both sessions include the following:

- Wave negotiation for both in and out.
- Downwind paddling to learn how to catch skates and runs.
- Starts, finishes and cool downs between races, after training and competition.

## **Safety**

It is important that coaches are aware of the safety requirements required by your state or club for training sessions in open or closed water venues. In general, coaches should ensure the following minimum standards are met:

- A risk assessment is undertaken prior to training commencing.
- Attendance list prior to training sessions.
- Paddlers are competent to train at the venue with the conditions presented.
- All paddlers should wear a competition training vest on flat water or open beach venues.
- All paddlers should be aware and train under the buddy system.

## October – Week 1 Session1

Overview						
<b>Venue</b>	River Flat water	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Aerobic endurance, Stroke technique		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Stoke technique, Posture.	<b>Key skill area 2</b> Endurance base.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 5 sets of 8 min, 6 min @ L2 (60% max heart rate) 2 min @ L1 (50% max heart rate) Make sure the front paddlers do a circle during the L1 time to join in behind the slower paddlers. This way you do not leave the slower paddlers behind. <b>Reinforce technique during effort.</b>		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretching: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength		Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>
Power		Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## October – Week 1 Session 2

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance, Posture, Wash riding.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Stoke technique, Posture.	<b>Key skill area 2</b> Wash riding, Endurance base.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 2 sets of 5 min @ L1 (50% max heart rate) with Posture Paddle (upright posture, eyes focused on fixed point, arms up at the front in front of your face and lifting the back arm so the hand and wrist finishes up at ear height, wrist is below the shaft). Rest between sets 1 min no paddling, arms down. 4 sets of 5 min @ L2 (60% max heart rate), rest 2 min @ L1 (50% max heart rate). Wash riding in a single line of 3 and changing 1-2 times during the 5 min effort. <b>Talk about the advantages and disadvantages of sitting in the correct position to wash ride.</b>		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>
Power		Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

# October – Week 2 Session 1

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance intervals, Posture and technique when applying effort.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Stoke technique, Posture.	<b>Key skill area 2</b> Endurance base.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 4 sets of 11 min 4 min @ L2 (60% max heart rate) 1 min @ L1 (50% max heart rate) 2 min @ L3 (70% max heart rate) 1 min @ L1 (50% max heart rate) 1 min @ L4 (80% max heart rate) Between sets 2 min @ L1 (50% max heart rate). Make sure the front paddlers do a circle during the L1 time to join in behind the slower paddlers. <b>Focus on technique.</b>		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>



## October – Week 2 Session 2

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance, Posture.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Stoke technique, Posture.	<b>Key skill area 2</b> Endurance base.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 2 sets of 17 min, 5 min @ L2 (60%), 4 min @ L3 (70%), 2 min @ L1 (50%), then 5 min @ L1 (50% max heart rate) Posture Paddle (upright posture, eyes focused on fixed point, arms up at the front and lifting the back arm so the hand and wrist finishes up at ear height and make sure you have a definite pause when the shaft is at the horizontal before taking the next stroke). Between sets rest 1 min, no paddling arms down. Finish with 5 x deep water starts. 20 sec @ L4 (80% max heart rate), 2 min @ L1 (50% max heart rate).		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## October – Week 3 Session 1

### Overview

<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance, Posture.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Stoke technique, Posture.	<b>Key skill area 2</b> Endurance base.	<b>Training Notes:</b> 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

<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 3 sets of 15 min, 6 min @ L2 (60% max heart rate) 90 sec @ L1 (50% max heart rate) 3 min @ L3 (70% max heart rate) 30 sec @ L1 (50% max heart rate) 2 min @ L3 (70% max heart rate) 2 min between sets @ L1 (50% max heart rate). Make sure the front paddlers do a circle during the L1 time to join in behind the slower paddlers. <b>Focus on technique.</b>		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## October – Week 3 Session 2

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance intervals, Posture, Introduction to starts.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Stoke technique, Posture.	<b>Key skill area 2</b> Starts introduction.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 2 sets of 20 min, 8 min @ L1 (50%), 4 min @ L2 (60%), 2 min @ L3 (70%), No rests between efforts, then easy with 5 min @ L1 (50%) Posture Paddle (upright posture, eyes focused on fixed point, arms up at the front and lifting the back arm so the hand and wrist finishes up at ear height and make sure you have a definite pause when the shaft is at the horizontal before taking the next stroke). Between sets rest 1 min, no paddling arms down. <b>Introduction to beach starts, demo and practise 5-10 times.</b>		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## October – Week 4 Session 1

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance intervals, Posture, Technique.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Stoke technique, Posture.	<b>Key skill area 2</b> Endurance skill.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 3 sets of 13.5 min, 10 min @ L2 (60% max heart rate) 2 min @ L3 (70% max heart rate) 1.30 min @ L1 (50% max heart rate)		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>
Power		Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## October – Week 4 Session 2

### Overview

<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance, Posture. Introduction to starts.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Stoke technique, Posture.	<b>Key skill area 2</b> Starts.	<b>Training Notes:</b> 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

<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 2 min @ L1 (50% max heart rate) Posture Paddle (upright posture, eyes focused on fixed point, arms up at the front and lifting the back arm so the hand and wrist finishes up at ear height and make sure you have a definite pause when the shaft is at the horizontal before taking the next stroke). 4 sets of 8 minutes, 5 min @ L2 (60% max heart rate) 2 min @ L1 (50% max heart rate) 1 min @ L3 (70% max heart rate) Plus 5 beach starts 30 sec @ L1 (50% max heart rate).		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## November – Week 1 Session 1

### Overview

<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Mind and body learning to cope with initial lactic acid build up in medium aerobic interval effort.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Technique when fatigued.	<b>Key skill area 2</b> Maintain heart rate pace.	<b>Training Notes:</b> 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

<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 5 sets of 9 minutes, 4 min @ L2 (60% max heart rate) First 20 sec of 4 min @ L4 (80% max heart rate) 30 sec @ L1 (50% max heart rate) 3 min @ L3 (70% max heart rate) First 20 sec of 3 min @ L4 (80% max heart rate) 1.30 min between sets @ L1 (50 % max heart rate)		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80%max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	X	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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## November – Week 1 Session 2

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance, Stroke technique.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Technique, Posture.	<b>Key skill area 2</b> Start skills.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 5 sets of 6 min, 4 min @ L3 (70% max heart rate) Rest 2 min @ L1 (50%) Posture Paddle (upright posture, eyes focused on fixed point, arms up at the front and lifting the back arm so the hand and wrist finishes up at ear height and make sure you have a definite pause when the shaft is at the horizontal before taking the next stroke). Plus 6 x beach starts with effort 1.30 min @ L2 (60% max heart rate) out and back course. Talk about starting techniques (body, paddle, head positions) during 2 min rest. Use paddler with good technique to give example.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

# November – Week 2 Session 1

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance intervals, getting on and off craft under pressure. Transfer energy from arms to legs and back again.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Getting on and off craft during efforts.	<b>Key skill area 2</b> Energy transfer.	<b>Training Notes:</b> 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						
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 4 sets of 12 min, 10 min @ L3 (70% max heart rate) 2 min @ L1 (50% max heart rate) Include a beach run in the 10 min circuit approx. 30 sec.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.		
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>		
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>	
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>	
Power	<b>X</b>	Long-Term Energy (Aerobic System)		<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>	
Flexibility	<b>X</b>			Recovery	<b>X</b>	
Agility	<b>X</b>			Reversibility		



## November – Week 2 Session 2

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Higher intensity paddling intervals with some lactic build-up, Posture, Technique for both paddling and starts.		
<b>Duration</b>	1 hour 20 min			<b>Key skill area 1</b> Stoke technique, Posture.	<b>Key skill area 2</b> Starts.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 8 sets of 5 min, 3 min @ L3 (70% max heart rate)  Rests 2 min @ L1 (50%) Posture Paddle (upright posture, eyes focused on fixed point, arms up at the front and lifting the back arm so the hand and wrist finishes up at ear height and make sure you have a definite pause when the shaft is at the horizontal before taking the next stroke).  6 x Beach starts with effort 1.30 min @ L2 (60% max heart rate) out and back course. Talk about starting techniques during 2 min rest on beach.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle.  Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	

## November – Week 3 Session 1

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance intervals, getting on and off craft when fatigued. Transfer energy from arms to legs and back again. Same as last week but extra set and shorter rests.		
<b>Duration</b>	1 hour 20 min			<b>Key skill area 1</b> Getting on and off craft during efforts.	<b>Key skill area 2</b> Energy transfer.	<b>Training Notes:</b> 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						
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 5 sets of 11.30 min, 10 min @ L3 (70% max heart rate) 1.30 min @ L1 (50% max heart rate) Include a beach run in the 10 min circuit approx. 30 sec.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.		
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>		
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>	
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>	
Power	<b>X</b>	Long-Term Energy (Aerobic System)		<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>	
Flexibility	<b>X</b>			Recovery	<b>X</b>	
Agility	<b>X</b>			Reversibility		

## November – Week 3 Session 2

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Learning to race using different start techniques. Learn about cool downs between races to dissipate lactic acid build-up in the muscles. Maintain technique when fatigued.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Dry starts and finishes.	<b>Key skill area 2</b> Cool downs between races.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> Talk about starting and finishing techniques, dry starts and finishes (body, paddle, head positions). Give example. Talk about cool down paddle at the end of each effort or race. 4 sets of 10 min, 7 min @ L3 (70% MHR) (Out and back course). Cool down paddle includes: 3 min @ L1 (50% MHR) include 3 x 10 strokes @ L4 (80% MHR). <b>Allow time between efforts to talk about starts.</b>		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## November – Week 4 Session 1

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Learning to cope with lactic endurance. Maintain paddling technique when fatigued.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Maintain efforts after short rests.	<b>Key skill area 2</b> Starts.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 4 sets of 9 min, 2 min @ L3 (70% max heart rate) 40 sec @ L1 (50% max heart rate) 1 min @ L4 (80% max heart rate) 20 sec @ L1 (50% max heart rate) 2 min @ L4 (80% max heart rate) Rest 3 min @ L1 between sets. Plus - Starts (3 x 20 sec @ L4) with rest paddle backs.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. (Static stretch) to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## November – Week 4 Session 2

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Learning to race using different start techniques and buoy turns. Learn about cool downs between races to dissipate lactic acid build-up in the muscles. Maintain technique.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Dry starts and finishes.	<b>Key skill area 2</b> Buoy turns.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> Talk about starting and finishing techniques, dry starts and finishes (body, paddle, head positions). Talk about buoy turns. 4 sets of 11 min, 8 min @ L3 (70%) ('M'- Shaped course). Cool down paddle includes: 3 min @ L1 (50%) include 3 x 10 strokes @ L4 (80%). <b>Allow time between efforts to talk about starts and buoy turns.</b>		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## December – Week 1 Session 1

Overview						
<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Learning to cope with lactic endurance. Technique and posture with short fast stroke work and body fatigue at the end of the session.		
<b>Duration</b>	1 hour 10 min			<b>Key skill area 1</b> Maintain heart rate and boat speed during lactic build-up.	<b>Key skill area 2</b> Technique when fatigued.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 2 sets of 17.30 min, 5 min @ L3 (70% MHR) 1.30 min @ L1 (50% MHR) 4 min @ L3 (70% MHR) 2 min @ L1 (50% MHR) 2 min @ L4 (80% MHR) 3 min @ L1 (50% MHR) Plus 3 x 20 strokes @ L5 (100% MHR), 30 strokes @ L1.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## December – Week 1 Session 2

### Overview

<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Wash riding, Aerobic endurance, Technique.		
<b>Duration</b>	1 hour 10 min			<b>Key skill area 1</b> Wash riding.	<b>Key skill area 2</b> Concentration, Communication.	<b>Training Notes:</b> 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

<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 5 min @ L1 (50% MHR) Posture Paddle (upright posture, eyes focused on fixed point, arms up at the front and lifting the back arm so the hand and wrist finishes up at ear height). 4 sets of 10 min, 8 min wash leads, effort 1 & 3 @ L2/3 (60/70% MHR) Effort 2 & 4 @ L3/4 (70/80% MHR) 2 min @ L1 (50% MHR) easy between efforts Work in pairs and working in the sweet spot. <b>Changing leads on a regular basis and maintain craft control.</b>		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## December – Week 2 Session 1

### Overview

<b>Venue</b>	Flat water Flat beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Speed endurance, Lactic tolerance, Technique.		
<b>Duration</b>	1 hour 10 min			<b>Key skill area 1</b> Maintain posture and technique while dealing with the onset of lactic fatigue.	<b>Key skill area 2</b> Concentration.	<b>Training Notes:</b> 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

<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 2 sets of 23.30 min, 4 min @ L4 (80% MHR) 4 min @ L1 (50% MHR) 3 min @ AT (85% MHR) 3 min @ L1 (50% MHR) 2 min @ AT (85% MHR) 2 min @ L1 (50% MHR) 30 sec @ L5 (100% MHR) 5 min @ L1 (50% MHR)		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)	<b>X</b>	Specificity	<b>X</b>
Strength		Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)		Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility				Recovery	<b>X</b>
Agility				Reversibility	<b>X</b>



## December – Week 2 Session 2

Overview						
<b>Venue</b>	Protected water	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Interval sets, Beach starts, Technique.		
<b>Duration</b>	1 hour 10 min			<b>Key skill area 1</b> Coping with lactic endurance, Beach starts.	<b>Key skill area 2</b> Technique, Posture.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 1 x 5 min @ L2 (60%) Posture Paddle (upright posture, eyes focused on fixed point, arms up at the front and lifting the back arm so the hand and wrist finishes up at ear height). 6 sets of 7 min, 4 min @ L3/4 (70-80% MHR) 3 min @ L1 (50% MHR) First 3 efforts are to be in deep water. Second 3 efforts are to be with a beach start on an out and back course. Recovery for beach start efforts include short run (1 min) and reset.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## December – Week 3 Session 1

Overview						
<b>Venue</b>	Semi protected beach with smaller waves	<b>Athlete communities being coached:</b>	<b>Equipment required:</b>	<b>Broad purpose of the training session</b>		
<b>Duration</b>	1 hour 10 min			Interval sets for speed endurance after beach start.	<b>Key skill area 1</b>	<b>Key skill area 2</b>
		<ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	Beach starts.	Technique, Posture.	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					
<b>START OUT (warming up)</b>		<b>GET INTO IT (main session activities)</b>		<b>FINISH UP (cooling down)</b>	
Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		3 sets of 15 min, 1.30 min @ L3 (70% MHR) 3.30 min @ L1 (50% MHR) 1.30 min @ L4 (80% MHR) 3.30 min @ L1 (50% MHR) 1.30 min @ AT (90% MHR) 3.30 min @ L1 (50% MHR) All efforts can be with a beach start with 3.30 min paddle backs between efforts.		Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## December – Week 3 Session 2

Overview						
<b>Venue</b>	Semi protected beach with smaller waves	<b>Athlete communities being coached:</b>	<b>Equipment required:</b>	<b>Broad purpose of the training session</b>		
<b>Duration</b>	1 hour 15 min			• Surf Ski	Aerobic endurance, Stroke technique	
		• Late childhood	• Paddles	<b>Key skill area 1</b>	<b>Key skill area 2</b>	L1 = 50%,
		• Early teenage		Technique, Posture.	Beach starts.	L2 = 60%,
		• Late teenage				L3 = 70%
		• Social adult				L4 = 80%,
		• Competitive adult				AT = 85-90%,
						L5 = 100%
						<u>All rests are active at L1 = 50%</u>

List of key activities					
<b>START OUT (warming up)</b>		<b>GET INTO IT (main session activities)</b>		<b>FINISH UP (cooling down)</b>	
Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min).		1 x 5 min @ L2 (60%) Posture Paddle (upright posture).		Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle.	
5 x short sprints 10 – 15 m @ L5 (100%).		1 set of 50 min,		Static stretch: to arms and legs, back and front leg muscle groups.	
Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		1 x 15 min @ L2 (60% MHR)			
		1 x 2 min @ L1 (50% MHR)			
		1 x 4 min @ L3 (70% MHR)			
		1 x 2 min @ L1 (50% MHR)			
		1 x 2 min @ L4 (80% MHR)			
		1 x 2 min @ L1 (50% MHR)			
		6 x 1 min @ race pace (beach starts), easy paddle backs.			
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	X	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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## December – Week 4 Session 1

Overview						
<b>Venue</b>	Semi protected beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Speed endurance (efforts downwind if possible).		
<b>Duration</b>	1 hour 15 min			<b>Key skill area 1</b> Technique, Posture at speed.	<b>Key skill area 2</b> Thinking and acting faster.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x Short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 5 sets of 10min, 1 min @ AT (80% MHR) 1 min @ L1 (50% MHR) 2 min @ AT (80% MHR) 2 min @ L1 (50% MHR) 1 min @ L5 (100% MHR) 3 min @ L1 (50% MHR)		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)	<b>X</b>	Specificity	<b>X</b>
Strength		Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)		Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility				Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## December – Week 4 Session 2

Overview						
<b>Venue</b>	Semi protected beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance, Stroke technique		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Technique, Posture at speed.	<b>Key skill area 2</b> Starts skills.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 1 x 5 min @ L2 Posture Paddle (upright posture, eyes focused on fixed point, arms up at the front and lifting the back arm so the hand and wrist finishes up at ear height and shaft level). 8 sets of 3 min, 1 min @ L4 2 min @ L1 (50% MHR) 5 min after 4 sets @ L1. Starts on set 1 and 5. Plus 5 x 20 sec starts @ L4, easy paddle backs.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## January – Week 1 Session 1

Overview						
<b>Venue</b>	Semi protected beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Speed endurance and mid race passing or surging.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Surging during races.	<b>Key skill area 2</b> Getting heart rates up without too much concern about stroke technique.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 8 sets of 5 min 15 sec, 45 sec @ L4 (80 % MHR) 30 sec @ L5 (100 % MHR) 4 min @ L1 (50 % MHR)		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)	<b>X</b>	Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)		Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility				Recovery	<b>X</b>
Agility				Reversibility	<b>X</b>

## January – Week 1 Session 2

### Overview

<b>Venue</b>	Semi protected beach	<b>Athlete communities being coached:</b>	<b>Equipment required:</b>	<b>Broad purpose of the training session</b>		
<b>Duration</b>	1 hour 10 min			• Surf Ski	Aerobic endurance, Stroke technique.	<b>Key skill area 1</b>
		• Late childhood	• Paddles	Technique, use skills to run the boat in open water conditions.	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

<b>START OUT (warming up)</b>		<b>GET INTO IT (main session activities)</b>		<b>FINISH UP (cooling down)</b>	
Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		1 x 5 min @ L2 Posture Paddle (upright posture, eyes focused on fixed point). 6 sets of 7 min, 5 min @ L3 (70% MHR) 2 min @ L1 (50% MHR) Paddlers do a circle during the L1 time to join in behind the slower paddlers. Plus 5 x 20 sec starts @ L5, easy paddle backs.		Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength		Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## January – Week 2 Session 1

### Overview

<b>Venue</b>	Semi protected beach	<b>Athlete communities being coached:</b>	<b>Equipment required:</b>	<b>Broad purpose of the training session</b>		
<b>Duration</b>	1 hour 10 min			<ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	Aerobic endurance, Stroke technique.	<b>Key skill area 1</b>
		<ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>		Some efforts downwind to improve skating skills.  Talk about downwind paddling before going on the water.	Endurance base.	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

<b>START OUT (warming up)</b>		<b>GET INTO IT (main session activities)</b>		<b>FINISH UP (cooling down)</b>	
Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min).  5 x short sprints 10 – 15 m @ L5 (100%).  Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		6 sets of 8.30 min, 7 min @ L3 (70% MHR)  1.30 min @ L1 (50% MHR)		Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle.  Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	<b>X</b>
Power		Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>



## January – Week 2 Session 2

Overview						
<b>Venue</b>	Semi protected beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance with start and finish skills. Dealing with fatigue factors, decision making skills.		
<b>Duration</b>	1 hour 10 min			<b>Key skill area 1</b> Starts and finishes, decision making skills if a small wave and dealing with possible fatigue.	<b>Key skill area 2</b> Recovery between each effort.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 1 x 5 min @ L2 Posture Paddle (upright posture, eyes focused on fixed point). 6 sets of 7 min, 5 min @ L3 (70% MHR) 2 min @ L1 (50% MHR) All with beach starts on an out and back course. 2 min rest on the beach to include a short run between each effort.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## January – Week 3 Session 1

### Overview

<b>Venue</b>	Semi protected beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic intervals. Dealing with fatigue factors and maintain technique.		
<b>Duration</b>	1 hour 10 min			<b>Key skill area 1</b> Aerobic endurance, Technique.	<b>Key skill area 2</b> Recovery between each effort.	<b>Training Notes:</b> 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

<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 8 sets of 7 min, 4 min @ L4 (80% MHR) 3 min @ L1 (50% MHR)		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
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)		Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## January – Week 3 Session 2

### Overview

<b>Venue</b>	Semi protected beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Increasing speed. Dealing with lactic anaerobic fatigue factors and maintaining technique. Some speed work with starts.		
<b>Duration</b>	1 hour 10 min			<b>Key skill area 1</b> Speed endurance, Technique.	<b>Key skill area 2</b> Acceleration from deep water start, Beach starts.	<b>Training Notes:</b> 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

<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 1 x 5 min @ L2 Posture Paddle (upright posture, eyes focused on fixed point). 4 sets of (2 min @ L3, 1 min @ L1) 4 x Deep water starts' (1 min @ L4, 2.30 min @ L1) 4 x Beach starts if possible (20 sec @ AT, 3min @ L1) All starts are with easy paddle backs.  Finish with 10 min @ L2.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle.  Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)		Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## January – Week 4 Session 1

### Overview

<b>Venue</b>	Semi protected beach	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Anaerobic threshold speed endurance.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Speed endurance, Technique.	<b>Key skill area 2</b>	<b>Training Notes:</b> 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

<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 4 sets of 11 min, 4 min @ L4 (80% MHR) 2 min @ L1 (50% MHR) 2 min @ AT (85-90% MHR) 3 min @ L1 (50% MHR).		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power		Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## January – Week 4 Session 2

### Overview

<b>Venue</b>	Semi protected beach with small waves	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Learning key skills to go in and out through small waves. Catching and riding waves.		
<b>Duration</b>	1 hour 10 min			<b>Key skill area 1</b> In and out through surf.  Separate individual paddlers to highlight specific skills to improve on.	<b>Key skill area 2</b>	<b>Training Notes:</b> 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

<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 20 min @ L3 continuous paddle on ocean.  30 min In's and out's catching waves.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle.  Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed		Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength		Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	
Power		Long-Term Energy (Aerobic System)	<b>X</b>	Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## February – Week 1 Session1

Overview						
<b>Venue</b>	Semi protected beach Flat water	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Developing race speed with technique.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Develop race speed.	<b>Key skill area 2</b>	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 5 sets of 8 min, 60, 45, 30, 15 sec @ L5 (100% MHR) Rests same as efforts @ L1 (50% MHR) 3 min @ L1 between sets.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)	<b>X</b>	Specificity	<b>X</b>
Strength		Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)		Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## February – Week 1 Session 2

### Overview

<b>Venue</b>	Semi protected beach with small waves	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Learning key skills to go in and out through small waves. Catching and riding waves.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> In and out through surf. Separate individual paddlers to highlight specific skills to improve on.	<b>Key skill area 2</b> Gain confidence in wave areas and moving water.	<b>Training Notes:</b> 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

<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> Sawtooth Ins and Outs. Water start and paddle out through break @ L4 (80% MHR). Count 30 strokes one side from behind break @ L3 (70% MHR), at 45 degrees direction to the beach. Turn and paddle straight back to the beach @ L4 (80% MHR). When reaching the beach run up to the back of the beach and walk back to your ski and set up to go again. Wait for last paddler to return to the beach and repeat efforts for 40 min.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	X	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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## February – Week 2 Session 1

Overview						
<b>Venue</b>	Semi protected beach with light following wind or sea breeze	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Aerobic endurance, Stroke technique.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Downwind paddling.	<b>Key skill area 2</b> Paddling awareness.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 1 set of 40 min 40 min @ L3/4 (70-80% MHR) Include some acceleration at speed i.e. chasing runs. Recovery between waves and on runs.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	X	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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X



## February – Week 2 Session 2

Overview						
<b>Venue</b>	Semi protected beach with small waves	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Learning key skills to go in and out through small waves. Catching and riding waves on ski.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> In and out through surf.  Separate individual paddlers to highlight specific skills to improve on.	<b>Key skill area 2</b> Starts and finishes.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 8 sets of 5 min, 1) Start with 30 sec @ AT effort through the break. 2) Then 2 min @ L4 parallel paddle along the beach. 3) Then 30 sec @ AT return paddle back into the beach through wave zone. 4) Rests are 2 min @ L2 run to the back of the beach and then set up for start again.  <b>Continual focus of coach on start form and technique</b> i.e. Head down and looking into foot well, weight on front leg and jumping for height on push.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle.  Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)	<b>X</b>	Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)		Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## February – Week 3 Session 1

Overview						
<b>Venue</b>	Semi protected beach with small waves	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Lactic intervals. Race preparation.		
<b>Duration</b>	1 hour 10 min			<b>Key skill area 1</b> Race preparation, body adaption.	<b>Key skill area 2</b>	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 3 sets of 17 min, 2 min @ AT (85 – 90% MHR) 2 min @ L1 (50% MHR) 3 min @ AT (85 – 90% MHR) 3 min @ L1 (50% MHR) 2 min @ AT (85 – 90% MHR) 5 min @ L1 (50% MHR).		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)		Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)		Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## February – Week 3 Session 2

Overview						
<b>Venue</b>	Semi protected beach with small waves	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Start Speed, Competition prep, Wave skills.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> In and out through surf.  Separate individual paddlers to highlight specific skills to improve on.	<b>Key skill area 2</b> Ski relay skills, rules and demonstration of changes in the water. Handler positions.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min).  5 x short sprints 10 – 15 m @ L5 (100%).  Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 5 x starts with 1 min @ AT off beach with easy return. 2 x 3.30 min out and back effort @ AT with beach starts.  Full cool down recovery between efforts 6-7 min.  2 x Ski relays with a 2 min paddle effort.  <b>Continual focus of coach on start form and technique</b> i.e. Head down and looking into foot well, weight on front leg and jumping for height on push.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle.  <u>Static stretch:</u> to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)	<b>X</b>	Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)		Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## February – Week 4 Session 1

Overview						
<b>Venue</b>	Semi protected beach Flat water efforts	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Speed intervals, Competition prep.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Boat speed with technique.	<b>Key skill area 2</b> Active recovery.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 6 sets of 6 min, 1 min @ L4 (80% MHR) 1 min @ AT (85% MHR) 1 min @ L5 (100% MHR) 3 min @ L1 (50% MHR).		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## February – Week 4 Session 2

Overview						
<b>Venue</b>	Semi protected beach with small waves	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Start Speed, Competition prep, Wave skills.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> In and out through surf. Separate individual paddlers to highlight specific skills to improve on.	<b>Key skill area 2</b> Talk about starts and negotiating waves on the way out, timing, balance.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Longer 10 min warm up then: 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> Descending efforts all with beach starts. 2 x 3.30 min @ AT out and back effort with beach starts. Full cool down recovery between efforts 1 and 2. 2 x 2 min @ AT easy paddle back between efforts. 2 x 1 min @ AT easy paddle backs between efforts. 2 x 30 sec @ L5 easy paddle backs between efforts.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## March – Week 1 Session 1

Overview						
<b>Venue</b>	Semi protected beach with small waves or flat	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Start Speed, Competition prep with varied start conditions.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Separate individual paddlers to highlight specific skills to improve on after each effort.	<b>Key skill area 2</b> Do not wait for the perfect condition for each start. Deal with technical start when fatigued @ 15-20 efforts.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts @ (100% max heart rate).		<b>GET INTO IT (main session activities)</b> 20 sets of 2 min, 20 sec @ L5 (100% MHR) 1.40 min @ L1 PADDLE BACK (50% MHR). All efforts for starts are 20 seconds easy back. Vary starts i.e. into wave, deep, shallow, nose up, nose down.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)		Individualisation	X
Endurance				Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## March – Week 1 Session 2

Overview						
<b>Venue</b>	Semi protected beach with small waves	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Start speed, Competition prep, Wave skills, Recovery.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Talk about starts and negotiating waves on the way out, timing, balance.	<b>Key skill area 2</b> Talk about recovery between races and the importance of it and what to do.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Longer 10 min warm up then: 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> Descending efforts all with beach starts. 2 x 3.30 min @ AT out and back effort with beach starts. Full cool down recovery between efforts 1 and 2 (6 - 10 min). 2 x 2 min @ AT easy paddle back between efforts. 30 – 40 min catching waves. In's and Out's. <b>Coach watch and talk with individual paddlers about how to improve their skill.</b>		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	X	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	X
Endurance				Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## March – Week 2 Session 1

Overview						
<b>Venue</b>	Semi protected beach or flat	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Start Speed, Dealing with lactic accumulation, Competition prep, Recovery.		
<b>Duration</b>	1 hour 10 min			<b>Key skill area 1</b> Maintain boat speed and technical stroke when fatigued with lactic accumulation.  Psychological strength.	<b>Key skill area 2</b> Talk about recovery between efforts.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 10 min then: 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 3 sets of 15.30 min, 5 min @ L3 (70% MHR) 1.30 min @ L1 (50% MHR) 2.30 min @ L4 (80% MHR) 1 min @ L1 (50% MHR) 2.30 min @ L4 (80% MHR) 2 min @ L1 (50% MHR) First 20 secs of L3 and L4 efforts are @ L5 (100% MHR).		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle.  Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)	<b>X</b>	Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)		Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>



## March – Week 2 Session 2

Overview						
<b>Venue</b>	Semi protected beach with medium size waves	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Competition prep, Craft control skills, Challenge paddlers with slightly bigger wave zone.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Pack, group paddling in moving water and to maintain boat speed and position.	<b>Key skill area 2</b> Talk about starts and negotiating waves on the way out, timing, balance.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 40 min paddle @ L3. Split into small groups of equal ability and then continuous paddle parallel to beach at the back of the wave zone for 20 min, short rest at turnaround then return to start area.  20 min In's and Out's catching waves in their own time and speed.  <b>Continual focus of coach on start form and technique</b> i.e. Head down and looking into foot well, weight on front leg and jumping for height on push.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle.  Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	X	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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## March – Week 3 Session 1

Overview						
<b>Venue</b>	Semi protected beach or flat	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Fartlek intervals, Competition prep.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Speed work and maintain technical stroke.	<b>Key skill area 2</b> Recovery between efforts.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Longer warm up 15 min @ L2/3 (60-70% MHR). 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 2 sets of 21 min, 4 min @ AT (85 – 90% MHR) 3 min @ L1 (50% MHR) 3 min @ AT (85 – 90% MHR) 2 min @ L1 (50% MHR) 2 min @ AT (85 – 90% MHR) 1 min @ L1 (50% MHR) 1 min @ L5 (100% MHR) 5 min @ L1 (50% MHR).		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)	<b>X</b>	Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)		Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## March – Week 3 Session 2

Overview						
<b>Venue</b>	Open beach with some waves	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session</b> Wave and race skills under competition conditions.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Start and returns under race conditions.	<b>Key skill area 2</b> Recovery between efforts.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Longer warm up 15 min @ L2/3 (60-70% MHR). 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 20 min @ L3 (70% MHR) 6 sets of 5.30 min, Beach start with 1 min @ Race Pace. 1.30 min rest behind the break / turn craft around. Deep water start back to the beach 1 min @ race pace. 2 min rest on beach including short run.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

## March – Week 4 Session1

Overview						
<b>Venue</b>	Semi protected beach small wave	<b>Athlete communities being coached:</b> <ul style="list-style-type: none"> <li>Late childhood</li> <li>Early teenage</li> <li>Late teenage</li> <li>Social adult</li> <li>Competitive adult</li> </ul>	<b>Equipment required:</b> <ul style="list-style-type: none"> <li>Surf Ski</li> <li>Paddles</li> </ul>	<b>Broad purpose of the training session:</b> Competition preparation.		
<b>Duration</b>	1 hour			<b>Key skill area 1</b> Starts with longer efforts.	<b>Key skill area 2</b> Recovery between efforts. Coach to observe start technique. Continual positive feedback to athlete.	<b>Training Notes:</b> 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					
<b>START OUT (warming up)</b> Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min). 5 x short sprints 10 – 15 m @ L5 (100%). Easy paddle 5 min then 2 x 10 stroke efforts AT (85% max heart rate).		<b>GET INTO IT (main session activities)</b> 2 sets of 13.30 min, All efforts beach starts 1.30 min @ L4 (80% MHR), AT (90% MHR), L5 (100% MHR). 3 min easy paddle back between each effort. 2 sets of 10.30 min. All efforts beach starts 1 minute @ L4 (80% MHR), AT (90% MHR), L5 (100% MHR). 2.30 min easy paddle back between each effort.		<b>FINISH UP (cooling down)</b> Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle. Static stretch: to arms and legs, back and front leg muscle groups.	
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
Speed	<b>X</b>	Immediate Energy System (Alactic Anaerobic System)	<b>X</b>	Specificity	<b>X</b>
Strength	<b>X</b>	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	<b>X</b>	Progressive overload	<b>X</b>
Power	<b>X</b>	Long-Term Energy (Aerobic System)		Individualisation	<b>X</b>
Endurance	<b>X</b>			Variation	<b>X</b>
Flexibility	<b>X</b>			Recovery	<b>X</b>
Agility	<b>X</b>			Reversibility	<b>X</b>

## March – Week 4 Session 2

### Overview

<b>Venue</b>	Semi protected beach small wave	<b>Athlete communities being coached:</b>	<b>Equipment required:</b>	<b>Broad purpose of the training session</b>		
<b>Duration</b>	1 hour			• Surf Ski	Competition preparation.	<b>Key skill area 1</b>
		• Late childhood	• Paddles	6 x 4 min ski races.	Recovery between efforts.	L1 = 50%,
		• Early teenage		Lift to 100% max effort 3 times during effort or start, middle and end.	Coach to observe start and finish technique.	L2 = 60%,
		• Late teenage			Continual positive feedback to athletes.	L3 = 70%
		• Social adult				L4 = 80%,
		• Competitive adult				AT = 85-90%,
						L5 = 100%
						<u>All rests are active at L1 = 50%</u>

### List of key activities

<b>START OUT (warming up)</b>		<b>GET INTO IT (main session activities)</b>		<b>FINISH UP (cooling down)</b>	
Dynamic stretches: Light run with movement of arms, hip and leg rotations (5 min).		6 sets of 4 min,		Easy paddle 5 min with 3 x 10 stroke efforts at L4 (80% max heart rate) during easy paddle.	
5 x short sprints 10 – 15 m @ L5 (100%).		Odd's @ L3 / Even's @ race pace		Static stretch: to arms and legs, back and front leg muscle groups.	
Longer warm up 15 min @ L2/3 (60-70% MHR).		Beach start 20 sec @ L5 (100% MHR)			
2 x 10 stroke efforts AT (85% max heart rate).		@ 2 min 20 seconds @ L5 (100% MHR)			
Plus 2-3 practice starts.		@ 3.40 min 20 seconds @ L5 (100% MHR)			
		4 min rest between each effort.			
		Include short run during recovery.			
<b>Which components of fitness are the focus?</b>		<b>Which energy systems are the focus?</b>		<b>Which principles of training have you considered?</b>	
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	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X