

AVON DESCENT PADDLING PROGRAM

WEEK STARTING: **18th MARCH 2013**

20 WEEKS TO AVON DESCENT

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 90' Distance: 14km
	Session	6 x 2000m 3 min rest.		10 x 1000m @ 70% 2 min rest		3 x 20' 10' @ 70% 10' @ 80% 5 min rest)		4 x 10' out 6 x 5' return
	Focus	Steady Paddle		Technical Skills & Drills		If in a group prepare for distance racing 'Wash Riding' 5min leads each		
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST		
	Session		Cross Training Running/ Swimming/ Cycling etc	Continuos Paddle	Cross Training Running/ Swimming/ Cycling etc			
	Focus			Steady Paddle Adapting to paddling for over an hour				

AVON DESCENT PADDLING PROGRAM

WEEK STARTING: **25th MARCH 2013**

19 WEEKS TO AVON DESCENT

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 90' Distance: 14km
	Session	10 x 1000m 2 min rest.		2 x 9' @ 70% 3 x 6' @ 70%) 4 x 3' @ 70% 2 min rest		4 x 15' 5' @ 70% 5' @ 80% 5' @ 90% 5 min rest		4 x 20' 5' rest
	Focus	Steady Paddle		Technical Skills & Drills		Increasing intensity		If in a group prepare for distance racing 'Wash Riding' 5min leads each
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST		
	Session		Cross Training Running/ Swimming/ Cycling etc	Continuos Paddle	Cross Training Running/ Swimming/ Cycling etc			
	Focus			Steady Paddle Adapting to paddling for over an hour				

AVON DESCENT PADDLING PROGRAM

WEEK STARTING: **1st APRIL 2013**

18 WEEKS TO AVON DESCENT

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 90' Distance: 14km
	Session	5 x 2000m 3 min rest.		8 x 1' @ 70% 1' rest 8 x 1' @ 80% 1 min rest 8 x 1' @ 90% 1 min rest		1' - 2' - 3' - 2' - 1' @ 70% 1' rest 1' - 2' - 3' - 2' - 1' @ 80% 1' rest TWICE		Steady Paddle for 90'
	Focus	Steady Paddle		Increasing intensity		LADDER Aerobic Threshold		Adapting to paddling for over an hour
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST	REST	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	5 x 15' 4' rest	Cross Training Running/ Swimming/ Cycling etc			
	Focus			If in a group prepare for distance racing 'Wash Riding' 5min leads each				

AVON DESCENT PADDLING PROGRAM

WEEK STARTING:

8th APRIL 2013

17 WEEKS TO AVON DESCENT

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 90' Distance: 14km
	Session	20 x 500m @ 70% 1 min rest		10 x 1000m @80% 2 min rest		5 x 2000m @ 90% 3 min rest		4 x 20' Steady Paddle
	Focus	Improving Technique Low intensity		Increasing intensity		Maintaining technique @ higher intensity		If in a group prepare for distance racing 'Wash Riding' 5min leads each
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST	REST	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	1' - 2' - 3' - 2' - 1' @ 70% 1' rest 1' - 2' - 3' - 2' - 1' @ 80% 1' rest TWICE	Cross Training Running/ Swimming/ Cycling etc			
	Focus			LADDER Aerobic Threshold				

AVON DESCENT PADDLING PROGRAM

WEEK STARTING:

15th APRIL 2013

16 WEEKS TO AVON DESCENT

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 90' Distance: 14km
	Session	6 x 2000m 3 min rest.		2 x 9' @ 70% 3 x 6' @ 70% 4 x 3' @ 70% 2 min rest		3 x 20' 10' @ 70% 10' @ 80% 5 min rest)		4 x 10' out 6 x 5' return
	Focus	Steady Paddle		Technical Skills & Drills		If in a group prepare for distance racing 'Wash Riding' 5min leads each		If in a group prepare for distance racing 'Wash Riding' 5min leads each
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST	REST	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	8 x 1' @ 70% 1' rest 8 x 1' @ 80% 1 min rest 8 x 1' @ 90% 1 min rest	Cross Training Running/ Swimming/ Cycling etc			
	Focus			Increasing intensity				