

**AVON DESCENT PADDLING PROGRAM**

WEEK STARTING: **17<sup>th</sup> JUNE 2013**

**7 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 90' Distance: 15km	REST	Duration: 90' Distance: 15km	REST	Duration: 90' Distance: 15km	REST	Duration: 100' Distance: 20 km
	Session	4 times  1 x 1000m @ 60% 1 x 1000m @ 70% 1 x 1000m @ 80%  2 min rest.		20 x 500m @ 80% 1 min rest  .		10 x 1' @ 80% 1' rest  10 x 1' @ 90% 1 min rest  10 x 1' @ 100% 1 min rest		2 x 9' @ 80% 4 x 6' @ 80% 6 x 3' @ 80% 2 min rest
	Focus	Active Recovery		Improving Technique		Lactate Tolerance		Aerobic Base
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST	Duration: 90' Distance: 15km	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	5 x 15' 70/80%	Cross Training Running/ Swimming/ Cycling etc		80' Steady Paddle	
	Focus			If in a group prepare for distance racing 'Wash Riding' 5min leads each			Getting use to paddling Sat & Sunday	

## AVON DESCENT PADDLING PROGRAM

WEEK STARTING: **24<sup>th</sup> JUNE 2013**

**6 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING SESSION</b>	Details	Duration: 80' Distance: 14km	REST	Duration: 90' Distance: 15km	REST	Duration: 90' Distance: 15km	REST	Duration: 100' Distance: 20 km
	Session	6 x 2000m @ 70% 3 min rest.		Three Times 1' - 2' - 3' - 2' - 1' @ 70% 1' rest 1' - 2' - 3' - 2' - 1' @ 80% 1' rest		80' Steady Paddle		5 x 20' Steady Paddle  <b>Course familiarisation</b>  Maybe paddle from Upper Swan Bridge to finish
	Focus	Steady Paddle		LADDER Aerobic Threshold		Active Recovery		If in a group prepare for distance racing 'Wash Riding' 5min leads each
<b>AFTERNOON SESSION</b>	Details	REST		Duration: 90' Distance: 15km		REST	Duration: 90' Distance: 15km	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	4 x 4' @ 70% 4 x 4' @ 80% 4 x 4' @ 90% 2 min rest	Cross Training Running/ Swimming/ Cycling etc		15 x 1000m @ 80% 2 min rest	
	Focus			Technical Skills & Drills			Getting use to paddling Sat & Sunday	

**AVON DESCENT PADDLING PROGRAM**

WEEK STARTING:

**1<sup>st</sup> JUNE 2013**

**5 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 80' Distance: 14km	REST	Duration: 90' Distance: 15km	REST	Duration: 90' Distance: 15km	REST	Duration: 90' Distance: 15 km
	Session	10 x 1' @ 70% 1' rest  10 x 1' @ 70% 1 min rest  10 x 1' @ 70% 1 min rest		2 x 9' @ 70% 3 x 6' @ 80%) 4 x 3' @ 90% 2 min rest		Three Times 1' - 2' - 3' - 2' - 1' @ 70% 1' rest 1' - 2' - 3' - 2' - 1' @ 80% 1' rest		15 x 1000m @ 80%
	Focus	Active Recovery		Aerobic Base		LADDER Aerobic Threshold		Aerobic Capacity
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST	Duration: 90' Distance: 15km	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	4 x 10' @ 70% 2 min rest  6 x 5' @ 80% 2 min rest	Cross Training Running/ Swimming/ Cycling etc		90' Steady Paddle	
	Focus			Aerobic Base			Getting use to paddling Sat & Sunday	

**AVON DESCENT PADDLING PROGRAM**

WEEK STARTING: **8<sup>th</sup> JULY 2013**

**4 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 80' Distance: 14km	REST	Duration: 90' Distance: 15km	REST	Duration: 90' Distance: 15km	REST	Duration: 120' Distance: 25km
	Session	5 x 2000m @ 70% 3 min rest		Four times 2 x 500m @ 70% 2 x 500m @ 80% 2 x 500m @ 90%  1 min rest		80' Steady Paddle		25km Steady
	Focus	Technique		Lactate Tolerance		Active Recovery		If in a group prepare for distance racing 'Wash Riding' 5min leads each
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST	Duration: 100' Distance: 16km	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	4 x 15' 5' @ 70% 5' @ 80% 5' @ 90% 3 min rest	Cross Training Running/ Swimming/ Cycling etc		Steady Paddle  <b>Course familiarisation</b> Maybe ti-treed (twice)	
	Focus			If in a group prepare for distance racing 'Wash Riding' 5min leads each			Getting use to paddling Sat & Sunday	