

AVON DESCENT PADDLING PROGRAM

WEEK STARTING: **15th JULY 2013**

3 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: 80' Distance: 14km	REST	Duration: 120' Distance: 25km
	Session	12 x 1000m @ 70% 2 min rest		2 x 9' @ 70% 3 x 6' @ 80% 4 x 3' @ 90% 2 min rest		10 x 1' @ 80% 1' rest 10 x 1' @ 90% 1 min rest 10 x 1' @ 100% 1 min rest		SCRUTINEERING Hind Reserve Bayswater between 8:00 am and 11.00am
	Focus	Technique		Aerobic Capacity		Lactate Tolerance		
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km		REST	Duration: 100' Distance: 16km	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	Five times 1 x 1000m @ 70% 1 x 1000m @ 80% 1 x 1000m @ 90% 1 min rest	Cross Training Running/ Swimming/ Cycling etc		Steady Paddle	
	Focus			Aerobic Capacity			Getting use to paddling Sat & Sunday	

AVON DESCENT PADDLING PROGRAM

WEEK STARTING: **22nd JULY 2013**

2 WEEKS TO AVON DESCENT

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	Duration: 90' Distance: 15km	REST	Duration: 90' Distance: 15km	REST	REST	REST	Duration: 90' Distance: 15km
	Session	7 x 2000m @ 80% 2 min rest		Three Times 1' - 2' - 3' - 2' - 1' @ 70% 1' rest 1' - 2' - 3' - 2' - 1' @ 80% 1' rest				Course familiarisation
	Focus	Aerobic Base		LADDER Aerobic Threshold				
AFTERNOON SESSION	Details	REST		Duration: 90' Distance: 15km			Duration: 90' Distance: 15km	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	5 x 15' Steady Paddle	Cross Training Running/ Swimming/ Cycling etc		Course familiarisation	
	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: **29th JULY 2013**

1 WEEKS TO AVON DESCENT

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION	Details	REST	REST	REST	REST	REST	DAY 1 RACE DAY	DAY 2 RACE DAY
	Session							
	Focus							
AFTERNOON SESSION	Details	REST		Duration: 70' Distance: 10km				
	Session		Cross Training Running/ Swimming/ Cycling etc	Three times 1 x 1000m @ 70% 1 x 1000m @ 80% 1 x 1000m @ 90% 1 min rest	Cross Training Running/ Swimming/ Cycling etc			
	Focus		Low intensity Active Recovery	Aerobic Base	Low intensity Active Recovery			