

**AVON DESCENT PADDLING PROGRAM**

WEEK STARTING: **22<sup>nd</sup> APRIL 2013**

**15 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING SESSION</b>	Details	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 90' Distance: 16km
	Session	12 x 1000m 2 min rest.		2 x 9' @ 80% 3 x 6' @ 80% 4 x 3' @ 80% 2 min rest		4 x 15' 5' @ 70% 5' @ 80% 5' @ 90% 5 min rest		2 x 20' out 4 x 10' 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
<b>AFTERNOON SESSION</b>	Details	REST		Duration: 90' Distance: 15km		REST	REST	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	8 x 1' @ 80% 1' rest 8 x 1' @ 90% 1 min rest 8 x 1' @ 100% 1 min rest	Cross Training Running/ Swimming/ Cycling etc			
	Focus			Increasing intensity				

**AVON DESCENT PADDLING PROGRAM**

WEEK STARTING: **29<sup>th</sup> APRIL 2013**

**14 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING SESSION</b>	Details	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 80' Distance: 12km	REST	Duration: 90' Distance: 16km
	Session	4 x 20' Steady Paddle		3 x 4' @ 70% 3 x 4' @ 80% 3 x 4' @ 90% 2 min rest		4 x 15' 5' @ 70% 5' @ 80% 5' @ 90% 5 min rest		Three times 2 x 500m @ 70% 2 x 500m @ 80% 2 x 500m @ 90%  1 min rest
	Focus	Steady Paddle		Technical Skills & Drills		If in a group prepare for distance racing 'Wash Riding' 5min leads each		
<b>AFTERNOON SESSION</b>	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:

**6<sup>th</sup> MAY 2013**

**13 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING SESSION</b>	Details	Duration: 80' Distance: 14km	REST	Duration: 80' Distance: 14km	REST	Duration: 80' Distance: 12km	REST	Duration: 90' Distance: 16km
	Session	2 x 9' @ 70% 3 x 6' @ 80%) 4 x 3' @ 90% 2 min rest		1' - 2' - 3' - 2' - 1' @ 70% 1' rest 1' - 2' - 3' - 2' - 1' @ 80% 1' rest  TWICE		12km Continuous Paddle @ 70/80%		Five times 1 x 1000m @ 70% 1 x 1000m @ 80% 1 x 1000m @ 90%  1 min rest
	Focus	Steady Paddle		LADDER Aerobic Threshold				
<b>AFTERNOON SESSION</b>	Details	REST		Duration: 90' Distance: 15km		REST	REST	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	4 x 20' 10' @ 70% 10' @ 80% 5 min 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:

**13<sup>th</sup> MAY 2013**

**12 WEEKS TO AVON DESCENT**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING SESSION</b>	Details	Duration: 80' Distance: 14km	REST	Duration: 80' Distance: 14km	REST	Duration: 80' Distance: 14km	REST	Duration: 90' Distance: 18km
	Session	6 x 2000m 3 min rest.		20 min @ 70% 1 x 3'@ 90% 20 min @ 70% 1 x 3'@ 90% 20 min @ 70%		7 x 1' @ 70% 7 x 1' @ 80% 1' rest  7 x 1' @ 70% 7 x 1' @ 80% 30 sec rest		4 x 4000m 1st 2000m @ 80% 2nd 2000m @ 90%  4 min rest
	Focus	Varying Tempo Paddle		Maintenance of technique at higher work rates during 90% effort				
<b>AFTERNOON SESSION</b>	Details	REST		Duration: 90' Distance: 15km		REST	REST	REST
	Session		Cross Training Running/ Swimming/ Cycling etc	8 x 10' 5' @ 80% 5' @ 90% 5 min rest	Cross Training Running/ Swimming/ Cycling etc			
	Focus			If in a group prepare for distance racing 'Wash Riding' 5min leads each				