

PADDLE POWER TRAINER

The perfect introductory training regime
as used by Charles and Rory in training for the Solomon Islands Paddle

Training Zones using Rates of Perceived Exertion (RPE)

Traditionally, maximum oxygen intake (VO2 max) has been viewed as the key component to success in prolonged exercise activities, (Bassett & Howley 2000). However, more recently scientists have reported that lactate threshold is the most consistent predictor of performance in endurance events. Studies have repeatedly found high correlation between performance in endurance events and maximum steady-state workload at threshold.

Interval training workouts are high intensity training sessions performed for short durations of time at velocities or workloads above the lactate threshold. Although the intervals can vary in duration and intensity, the combination of low level active paddling, adds volume to the program and simulates the race specific conditions.

TZ	RPE (1-10)/How you feel	Purpose	SPM	% MHR	Physiological Adaptations	Race fitness
1	1-2 Very relaxed. Able to carry on a conversation	Regeneration and recovery and establish base endurance	35-44	60-65	Increase blood flow to muscles to flush out waste products and provide nutrients. Improves fat metabolism, gets muscles/tendons/ligaments/nerves used to cycling. Increases economy	Promotes recovery and therefore training response. More efficient use of energy. Prepares body for harder training, works on technique/skill
2	3-4 Working. Feel warmer. Heart rate and respiration up. May sweat.	Improve efficiency	45-55	65-75	Improves the ability to use oxygen, produce power and increases efficiency	Able to produce more power with the same level of effort, works on technique/skill
3	5 Hard work. Heart rate and respiration up. Carbon dioxide build-up. Sweating. Breathing hard.	Improve sustainable aerobic power	50-60	75-82	Improves carbohydrate metabolism, changes some fast twitch muscle to slow-twitch	Improved sustainable power, good for all paddling events
4	6 Stressed. Panting. Sweating freely -7 Very stressed. Gasping. Sweating heavily.	Push threshold up, sustain a percentage of maximal aerobic power	53-64	82-89	Develops cardiovascular system and VO2max, improves anaerobic energy production and speeds turnover of waste products	Improved sustainable race pace, used in specific prep, pre and competition
5	8-10 heavily stressed. Gasping. Sweating heavily.	Increase sprint power output	63-77	85-100	Increases maximum muscle power, develops neural control of paddling at specific stroke rate	Develop race-specific skills at race pace, starting power, sprint speed, and the ability to jump away from the bunch

Week 1

Session 1 LTI	Session 2 HI	Session 3 AEROI	Session 4 - Distance
TZ 1 3 min	TZ 1 2 min	TZ 1 1 min	TZ 2 5 min
TZ 3 1 min/15 sec rest x 10	TZ 4 4 min	TZ 2 8 min	TZ 3 15 min
TZ 2 2 min	TZ 2 2 min	TZ 1 1 min	Repeat 3 times
TZ 3 5 min	Repeat 6 times	TZ 2 4 min	
Repeat 2 times		Repeat 3 times	
TZ 1 - Regeneration and recovery increases blood flow to muscles to flush out waste products and improves fat metabolism TZ 2 - Improves efficiency and the ability to use oxygen and produce power TZ 3 - Improves sustainable aerobic power and carbohydrate metabolism and changes fast twitch muscle to slow twitch	TZ 1 - Regeneration and recovery increases blood flow to muscles to flush out waste products and improves fat metabolism TZ 2 - Improves efficiency and the ability to use oxygen and produce power TZ 4 - Push threshold up, sustain a percentage of maximal aerobic power and develops VO2 max.	TZ 1 - Regeneration and recovery increases blood flow to muscles to flush out waste products and improves fat metabolism TZ 2 - Improves efficiency and the ability to use oxygen and produce power	TZ 2 - Improves efficiency and the ability to use oxygen and produce power TZ 3 - Improves sustainable aerobic power and carbohydrate metabolism and changes fast twitch muscle to slow twitch

Lactate Threshold Training

Low Aerobic	LOWI	Training Zone 1 - TZ1	RPE 1-2
Aerobic Intervals	AEROI	Training Zone 2 - TZ2	RPE 3-4
Lactate Threshold Intervals	LTI	Training Zone 3 - TZ3	RPE 5
High Intensity Intervals	HI	Training Zone 4 - TZ4	RPE 6-7
Alactic Intervals	ALI	Training Zone 5 - TZ5	RPE 8-10

Week 2			
Session 1 LTI	Session 2 ALL	Session 3 AEROI	Session 4 - Distance
TZ 1 3 min	TZ 1 1 min	TZ 1 1 min	TZ 3 75 minute
TZ 3 2 min/20 sec rest x 5	TZ 5 20 sec	TZ 2 6 min	
TZ 2 2 min	TZ 3 4 min	TZ 1 1 min	
TZ 3 6 min	TZ 2 2 min	TZ 2 3 min	
Repeat 2 times	Repeat 6 times	Repeat 4 times	
TZ 1 - Regeneration and recovery increases blood flow to muscles to flush out waste products and improves fat metabolism TZ 2 - Improves efficiency and the ability to use oxygen and produce power TZ 3 - Improves sustainable aerobic power and carbohydrate metabolism and changes fast twitch muscle to slow twitch	TZ 1 - Regeneration and recovery increases blood flow to muscles to flush out waste products and improves fat metabolism TZ 2 - Improves efficiency and the ability to use oxygen and produce power TZ 3 - Improves sustainable aerobic power and carbohydrate metabolism and changes fast twitch muscle to slow twitch TZ 5 - Increases sprint power output and develops neural control of paddling at specific stroke rates	TZ 1 - Regeneration and recovery increases blood flow to muscles to flush out waste products and improves fat metabolism TZ 2 - Improves efficiency and the ability to use oxygen and produce power	TZ 3 - Improves sustainable aerobic power and carbohydrate metabolism and changes fast twitch muscle to slow twitch

Week 3			
Session 1 HIJ	Session 2 AEROI	Session 3 LTI	Session 4 - Distance
TZ 1 2 min	TZ 1 1 min	TZ 1 2 min	TZ 2 5 minute
TZ 4 5 min	TZ 2 4 min	TZ 3 3 min/30 sec rest x 5	TZ 3 20 minute
TZ 2 2 min	TZ 1 1 min	TZ 2 2 min	Repeat 3 times

Repeat 5 times	TZ 2 2 min		
	Repeat 6 times	Repeat 2 times	
TZ 1 - Regeneration and recovery increases blood flow to muscles to flush out waste products and improves fat metabolism TZ 2 - Improves efficiency and the ability to use oxygen and produce power TZ 4 - Push threshold up, sustain a percentage of maximal aerobic power and develops VO2 max.	TZ 1 - Regeneration and recovery increases blood flow to muscles to flush out waste products and improves fat metabolism TZ 2 - Improves efficiency and the ability to use oxygen and produce power	TZ 1 - Regeneration and recovery increases blood flow to muscles to flush out waste products and improves fat metabolism TZ 2 - Improves efficiency and the ability to use oxygen and produce power TZ 3 - Improves sustainable aerobic power and carbohydrate metabolism and changes fast twitch muscle to slow twitch	TZ 2 - Improves efficiency and the ability to use oxygen and produce power TZ 3 - Improves sustainable aerobic power and carbohydrate metabolism and changes fast twitch muscle to slow twitch

TECHNIQUE



PADDLE POWER TRAINER PADDLING TECHNIQUE VIDEO - http://youtu.be/_A-m15ldnA

PPT Strength Training

The PPT rationale

The PPT concept of strength training is to practise and perfect skills and movements in a safe controlled environment then transfer that skill to the more dynamic and paddling specific environment. The PPT strength program is self-paced and can be undertaken by any athlete from advanced to beginner. Each phase of the programming has an inherent corrective exercise component. It may take up to several months for some athletes to progress a single phase. Using a minimum effective dose methodology. IE no more effort than is absolutely required to obtain the adaptive response sought. Athletes will typically work at between 13-15 (20=max) rate of perceived exertion over two weekly sessions performed in conjunction with their paddling program. Each session should be completed in around 30-45 minutes including the warm up and cool down.



Multi-Day, Goal Specific Workouts with Detailed Explanation

Videos to Highlight Proper Technique and Injury Prevention

The Paddle Power Trainer Strength Training Bonus Pack

PaddlePowerTrainer.com

e c c e n t r i c m o t i o n s y s t e m

Train Smart On and Off the Water



Phone: 0404 556 880

Email: info@paddlepowertrainer.com

Web: www.paddlerpowertrainer.com