

GEORGE'S TRAINING PROGRAMME

We invite any Centurion Canoe Club member to join us at any time in the following training routine of approximately 8.5 to 10.5 hours per week. The more members joining us the more every participant will get out of the programme. It is designed as preparation for the Berg River marathon in July but serves as good general all-round endurance and speed training.

DAY	TRAINING EVENT (% is of maximum heart rate)	APPROX. DURATION
Monday	Short intervals: 90-100%	75 minutes
Tuesday	Long intervals: 80-90% + jog (twice Dusi TT run)	75 minutes
Wednesday	LSD (Long Slow Distance): < 70%	120 minutes (or until sunset!)
Thursday	Time trial: 100%+	60 minutes
Friday	REST RESTREST	
Saturday	Any varying pace paddling including the winter time trial (or race)	90-180 minutes
Sunday	60-80 min paddling pulling and wave-riding intermittently + jog (6km – fishermen's road) (or race)	90-120 minutes

Notes:

1. All training starts with 10 minutes warm-up, 5-10 minutes cool-down and 5-10 minutes stretching after exercise (or pull-ups and push-ups for the strong ones!).
2. Short intervals are varied between activities such as 15 stroke starts on the minute for 45-60 minutes, 10-20 one minute intervals or 2 or 3 sets of 15/30/45/60/90/60/45/30/15 strokes intervals. (The convention is to count strokes on one side only.)
3. Long intervals are also varied and entail approximately 30 minutes hard paddling in total with rest in between such as 6x5 minutes with 2 minutes rest or 3 x 10 minutes with 3 minutes rest or 1/2/3/4/5/5/4/3/2/1 minute intervals.
4. Weekday training events are in the afternoons when we start more or less at a time to finish a couple of minutes before sunset (observing the club's notices for time to be off the water!) but anyone is welcome to start earlier or join later. Weekends' training starts at 07.00 until further notice.
5. Those who wish to follow the above programme diligently should also diligently observe a whole active rest week every fourth week. It means you should still paddle but you can take two or three days off and just do very easy paddling on the days you do train.
6. Those intent on doing the Berg should attempt as much diamond wave-riding as possible to get used to the water turbulence on put-in strokes. The eddies on the Berg are notorious for causing tendonitis of the wrists and this is the best we dam paddlers can do to simulate those conditions.

Please send any enquiries or suggestions to: georgelmarx@mweb.co.za