

Coach's Tool Box

Training for sprint starts

Principal Sponsor



Athlete stage

First or second season of training

Program training difficulty

Level 4 (requires 48 hours recovery)

Training period

6 weeks

Position in training cycle

Start 8 weeks prior to first major regatta

Number of sessions per week

2

Expected athlete base

Base endurance completed
Race pace training completed
Integrates with overspeed training

Equipment required

Simulated starting area

Buoys or floats
Race course of 50m

Electronics

Video camera
Downloadable GPS
Stroke rate monitors.

Sessions

Sessions can be identical

1. Warm up

1 km, 85%, focus on short rotation driven stroke (early exit)

Main session

Aims; Build acceleration
Practice; Series of starts with 50m paddles
Focal points; Starting strategies and techniques. Consider as group session to develop competition scenarios.

Cool down

1 km easy

2. 20 minutes warm up. Work with the athlete on developing a warm up routine. This will physically and mentally prepare athlete for competition.

200m paddle backs, Maximum effort. Turn and paddle back at 50%

Aim: Develop speed and transition from start to race pace.

Focal points; Starting strategies and techniques and transitions. Consider as group session to develop competition scenarios.

20 minutes warm down.

Notes

GPS is limited in its accuracy in speed (use as an indication only)