

Coach's Tool Box

Training for speed



The golden rules

Warm up and cool down

Don't stop paddling between repetitions

Speed training quickly builds up lactic acid, it is critical for good results that a full warm up and cool down is performed and that the athlete does not just stop between repetitions (keep moving)

These sessions are for people with a good base of training

Drop to minimum effort between reps BUT DO NOT STOP PADDLING, keep the body moving

Avoid other strength or speed programs during these weeks

Session timing

30 minutes per session (plus warm up and cool down)

- A proper warm up and cool down is critical

6 sessions per week (staggered)

For 6 weeks

Starting 16-12 weeks prior to the championship

This session MUST be done at "race pace plus" (faster than the desired race pace). If done slower then you will be learning to paddle slow*.

The session

Warm up then

2 x 250 m out of a gentle paddle (not from stopped), 20 max speed/max force then 100 race pace plus

2 x 250m out of a standing start same 20/100 mix

2 x 250 100% all strokes

Paddle 250m gentle pace (minimum effort) between each rep

Never stop paddling except for a max of 10secs prior to each start

Cool down

6 - 9 sessions in a week for 6 weeks, no hard gym in these weeks