

Coach's Tool Box

Training for speed - 2



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

3 sessions per week (staggered)

For the final 3 of 4 weeks

Starting 4 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

6 x 500 m with a start and fast finish

Between 500s, do 500 dead slow

In the final week (3 days before the race) 1 x 250m race pace plus, 1 x 500m race pace plus

Cool down

3 sessions in a week for 3 weeks, no hard gym in these weeks