

Coach's Tool Box

Training for sprint starts



The golden rules

Starts are max power/strength running into max speed

Training for both maximum strength and maximum speed requires good recovery both between repetitions and between sessions (when training for starts you are doing both)

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 8 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

To practice the catch

3 x 5 double strokes at 100% effort out of a gentle paddle (gentle is max 50% effort)

3 x 3 double strokes at 100% effort out of a standing start

3 x 5 double strokes at 100% effort out of a standing start

Try and hold the blade just out of the water for 10 seconds prior to the start or just in it in a fully rotated posture

To practice acceleration

2 x 50m 100% efforts out of a gentle paddle

2 x 50m 100% efforts out of a standing start

2 x 100m 100% efforts out of a gentle paddle

2 x 100m 100% efforts out of a standing start

Cool down

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