

Coach's Tool Box

Warming up and cooling down



The golden rules

Always have an on-water warm up and cool down

Start with a gentle paddle, finish with a gentle paddle

Never just stop paddling after a hard effort – go into slow deliberate movements (less than 50% effort)

Be specific; we are warming up or cooling down or doing the actual program

Don't cool down between the warm up and the program

A general flatwater warm up

500m gentle paddle

500m technique paddle;

Upright

High rotation

Correct entry and exit

High, consistent height, top hand

3 x 15 double strokes at 70% then 80% then 90% with increasing speed

1 minute 50% effort, technique focus

3 x 15 double strokes at 80% then 90% then 100%

1 minute 50% effort, technique focus

Then go into your program (don't stop paddling in the breaks)

Cool down

Do the reverse