

## The training programme for the macro cycle III.

**May 3<sup>rd</sup> to May 30<sup>th</sup> 2004**

- At the end of in this –III. Macro- cycle period a COMPETITION will take place.
- ATHLETES SPECIALISED FOR TEAM BOAT shall practice in team boats gradually. For them the training should be 80 % or more in K2/K4 or in C2
- Please notice that the time/distance of warming up and cooling down phases is not included in the daily paddling programme but these are an essential part of the training!
- Two –three times a week (or at warming up phases) athletes might use hydro- brace resistance (e.g. a rope around the hull)
- Strength development training became "strength maintenance" training 2-3 times a week; using mainly circuits training or set methods but not using heavier resistances as 70 % of maximum. Examples should be taken from the previous training programme;
- Running are not so important training in this period but could be supplementary training in the case that paddling is not possible or/and using as warming up before paddling;

### DAILY TRAINING PROGRAMME MACROCYCLE III. 1<sup>st</sup> week (May 3<sup>rd</sup> – May 9<sup>th</sup>)

<b>DAYS</b>	<b>MORNING</b>	<b>AFTERNOON</b>	<b>SUPLAMENTARY training</b>
<b>Mo</b>	<b>Long distance: 12 -14km</b> Technique practice	<b>Fartlek:</b> 12-14 km Stroke rates: various Int 80-95%	
<b>Tue</b>	<b>Repetition 6 x 500m</b> Int: 85 – 95 % rest 3-5 minutes	<b>Interval medium</b> 6 –8 set (1' – 2' - 1') rest: 1' 2' and 3' Int: 90%	<b>Strength development</b>
<b>Wed</b>	<b>- 1x 2000m time trial</b> - 10 x 100 m start exercises	<b>Long distance 16 km</b> Stroke rates: K: 80- 84 C: 40- 44	
<b>Thu</b>	<b>Individual,</b> Technique practice	<b>Interval long: 8 x 5 min</b> Rests are 2 min Str. Rate: K 74-76, C 36-40	<b>Strength development</b>
<b>Fri</b>	<b>Interval short:</b> 8 sets (4 x15'') rest: 45'' and 3min between sets, Int: 100%	<b>Fartlek: 10 km</b> Included some flying starts	
<b>Sat</b>	<b>Time trial: 3 x 1000m or 500m</b> Rests: 15 minutes	<b>Long distance: 10-12km</b>	<b>Strength development</b>
<b>Sun</b>	<b>off</b>	<b>off</b>	

**DAILY TRAINING PROGRAMME  
MACROCYCLE III.  
2<sup>nd</sup> week (May 10<sup>th</sup> - 16<sup>th</sup>)**

<b>DAYS</b>	<b>MORNING</b>	<b>AFTERNOON</b>	<b>SUPLAMENTARY training</b>
<b>Mo</b>	<b>off</b>	<b>Fartlek: 14 km individual</b>	
<b>Tue</b>	<b>Interval for speed endurance</b> 5-6 set (4 x 30 sec) rest: 30'' and 3' Int: 90-95%	<b>Repetition 6 x 1000m</b> Int: 85% - 90 % Rest: 3 -4 minutes Start with max intensity	<b>Strength training</b>
<b>Wed</b>	<b>Fartlek: 200m max int.- 800m easy for 6 set,</b>	<b>Time trial</b> <b>2 x 500 or 1000 m</b>	
<b>Thu</b>	<b>Long distance 12-14km</b> Technique practice	<b>Interval aerobic.</b> 8 x 4 minutes, rest: 3 min Int: 80 %	<b>Strength training</b>
<b>Fri</b>	<b>Interval short (speed dev.)</b> 6 set (10''- 15''- 20'' 25 '') rest: 30''-45''-60'' between sets: 3-4 minutes	<b>Fartlek 10-12 km</b> Included 6 standing start practice	
<b>Sat</b>	<b>Time trial: 2x 1000m</b> Rests: 20 minutes	<b>Individual paddling</b>	
<b>Sun</b>	<b>Time trial: 3 x 500m</b> Rests: 15/20minutes	<b>off</b>	

**DAILY TRAINING PROGRAMME  
MACROCYCLE III.  
3<sup>rd</sup> week (May 17<sup>th</sup> - 23<sup>rd</sup>)**

<b>DAYS</b>	<b>MORNING</b>	<b>AFTERNOON</b>	<b>SUPLAMENTARY training</b>
<b>Mo</b>	<b>Long distance: 12 -14km</b> Technique practice	<b>Repetition:</b> 3x 2000 m hard/for time, rests: 10 min	
<b>Tue</b>	<b>Interval anaerobic.</b> 8 set (15 sec -20 sec -15cec) rest: 45'' 60'' and 3 min between sets Int: 100%	<b>Long distance: 14 -18km</b> Stroke rates: K: 78-84 C: 40-44	<b>Strength training</b>
<b>Wed</b>	<b>Repetition short:</b> 6 x 200m rest: approx. 3-4' Int. 95-100 %	<b>Time trial</b> <b>2 x 500 or 1000 m</b>	
<b>Thu</b>	<b>Individual paddling</b>	<b>Fartlek: 12 km</b> Technique practice (team boat)*	<b>Strength training</b>
<b>Fri</b>	<b>Interval anaerobic.</b> 2 sets (10 x 20 sec) Rests are 60 sec and between sets are 5 min	<b>Fartlek with programme:</b> 4 sets 300m hard 700m easy	
<b>Sat</b>	<b>Time trial: 2 x 1000m</b> Rests: 30 minutes	<b>Individual paddling</b>	
<b>Sun</b>	<b>Time trial: 3 x 500m</b> Rests: 15/20minutes	<b>off</b>	

**DAILY TRAINING PROGRAMME  
MACROCYCLE II.  
4<sup>th</sup> week (May 24<sup>th</sup> – May 30<sup>th</sup> )**

<b>DAYS</b>	<b>MORNING</b>	<b>AFTERNOON</b>	<b>SUPLAMENTARY training</b>
<b>Mo</b>	<b>off</b>	<b>Interval</b> -4 km technique paddling -1 x 4 min 80 %, -1 x 2 min 90% rest: -3 x ( 4 x 1 min) rest: 1' min int: 95 - 100%	
<b>Tue</b>	<b>Time Trial</b> 2 x 1000m or 500m or those combination	<b>Fartlek</b> 12 km fartlek including some “flying starts” 5-6 times	Strength t. 20 min
<b>Wed</b>	<b>Interval training short,</b> 3 sets: (10” – 20” – 30” – 20”-10”) rests: 30” , between sets 4 minutes, Int: 100%	<b>Interval medium:</b> 2 sets: (4min –3 min – 2min) rests 4 min 3min 5 min Int: 85 % -90% -95%	
<b>Thu</b>	<b>Individual paddling</b> 8 km techniques/fartlek	<b>Repetition short</b> 4 x 300m Int: 95-100%	
<b>Fri</b>	<b>Individual easy paddling</b>	<b>off</b>	
<b>Sat</b>	COMPETITION	COMPETITION	
<b>Sun</b>	COMPETITION	COMPETITION	