

Training programme of the macro cycle VI. Aug 2nd -29th 2004

- This training period is for preparation of the main competition of the year – the so called peaking period.
- Athletes will participate in team boat shall practice 80-90% in team boats
- Please notice that the percentage of the speed is in the respect with the distance.
- Please notice that the time/distance of warming up and cooling down phases is not included in the daily paddling programme but these are essential part of the training!
- Explosive strength training should be held two times in the first three weeks of this Cycle. Examples should be taken from the previous training programme;
- Running should be not important training but recommended as a supplementary training.

Dominant training modality:

Anaerobic endurance
Alactic

DAILY TRAINING PROGRAMME MACROCYCLE VI. 1st week (Aug 2nd – Aug 8th)

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	Off	Individual: 8-10 km technical paddling	Strength explosive
Tue	Interval: 10 x 2 min Rests: 2 min Int: 90 %	Repetition: 2x2000 m Rest. 15 minutes Int: 95-100 %	
Wed	Interval: 4 sets (30sec- 60sec- 30sec) Rest: 60 sec-90 sec and between sets is 4 minutes Int 90-100%	Repetition: 4 x 1000 or 500m Rest: approx. same to the distance's time Int. 90 %	
Thu	Fartlek Individual	Start exercises 10 x 100m Rest. 3-4 minutes or more	Strength explosive
Fri	Interval: Int: 90-95-100% a/ 4 x 1 min rest. 2 min b/ 8 x30 sec rest 1 min c/ 12 x 15 sec rest: 45 sec	Repetition: 1x 2000 int: 85-90 1x 1000 int: 90 -95 2 x 500 int :90-95 first and last 100m max. int	
Sat	Fartlek: 8 km individual included some acceleration of the speed	2 x course time trial rest: 30 min	
Sun	2 x course time trial rest: 30 min	Off	

**DAILY TRAINING PROGRAMME
MACROCYCLE VI.
2nd week (Aug 9th - 15th)**

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	Off	1.Fartlek: 4-5 km 2. Interval: 2 set (4 -3 -2- 1 min) rest: 3 -2 -1 then 5 min Int: 90-100 %	Strength explosive
Tue	Repetition: 5 x200m with standing starts Rest: long: 6-10 min Int: 100 %	Interval: 3 set(2 – 3 – 2 minutes) Rest: 2 - 3 min 5min Int: 90 %	
Wed	Interval for speed 4 set (15 – 20 – 15 sec) First of the series with standing start Rest. 45 sec and 60 sec, Between set min 5 min Int. 100 %	Interval on the 1000m course: 1. 200m max -200 easy(rest) through the 1000m: 2. 100m max -200m easy 3. 100m max 300m easy rest:: easy paddling back to the start (1000m)	
Thu	Long distance 10 -12 Technique practice	Interval aerobic. 6 x 4 minutes, rest: 3 min Int: 85-90 %	Strength explosive
Fri	Start exercises 8 -10 x 100 m Int: 100%	Individual paddling	
Sat	Fartlek 8 - 10 km Included 6-8 moving start exercises	2 x course time trial rest: 30 min	
Sun	2 x course time trial rest: 30 min	Off	

**DAILY TRAINING PROGRAMME
MACROCYCLE VI.
3rd week (Aug 16th - 22nd)**

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	Off	Repetition: 1 x 1000m int 80% 1x 750m int 85-90% 1 x 500m int 90-95 % 1 x 300m int 100 % Rest: back to the start line	Strength explosive
Tue	Interval short. 4 set(10 -20 -30 -20 -10 sec) rest: 20 60 90 60 between sets: 4-5 minutes Int: 100%	Repetition: 4 x 200 m max -for time rest: 6-10 min	
Wed	Interval medium: 3 set (30 – 45 – 60 – 45 – 30) Rest: 60 - 90 - 120- 90 3' Int: 90 %	Repetition: 4 x 1000m or 500 or these combination rest: is the same distance Int: 90 %	
Thu	Interval on the 1000m course: -200m max -200 easy(rest) through the 1000m: -100m max -200m easy -100m max 300m easy rest:: easy paddling back to the start (1000m)	Fartlek: Individual –techniques practice	Strength explosive
Fri	Interval: 12 x 1 min rest: 2 min Int: 90	Interval short: 4 -6 set (4 x 15 sec) Rest. 45 and 3 min Int: 100%	
Sat	Off or individual paddling	2 x course time trial rest: 30 min	
Sun	2 x course time trial rest: 30 min	Off	

Remark: In the case you feel tired before training, you are not able to be fresh regarding the recovering time between training section the volume of these programme should be decrease in the last two weeks before the major competition!

**DAILY TRAINING PROGRAMME
MACROCYCLE VI.
4th week (Aug 23rd – Aug 29th)**

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	Off	Fartlek 8 km	
Tue	Repetition 4 x 1000m int 80% rests: 5 minutes	Interval: 3 sets (4 x 15 sec) rest: 45sec, between sets: 3 min Int 100 %	
Wed	6-8 km individual paddling with some acceleration of speed	Interval: 2 sets (20 sec 30sec 20sec) rests. 1 min and 5 between sets Int 100 %	
Thu	Repetition. 1 x 1000. int 80 % 1 x 500 m int 90 % 1 X 200 m int 100 %	off	
Fri	20 minutes paddling included some sprints	off	
Sat	Competition	Competition	
Sun	Competition	Competition	

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