

CANOE RACING TRAINING ZONES

	ABREV.	PACE NAME	SPECIFIC PHYSIOLOGICAL AND TECHNICAL AIMS OF THE TRAINING	SPEED (% of 1000m race pace)	Stroke Rate (Str/min)	HR (to be set individually)	Test Distance	Lactate (to be set individually)	Perceived levels of Exertion
AEROBIC METABOLISM	CAP	CORE AEROBIC PACE	GENERAL ENDURANCE General improvements to aerobic system. Improving fat metabolism. Technique foundation.	60%	60+/-5		10km	1 to 2	Moderately comfortable Intermittent conversation
	THR	THRESHOLD PACE	SPECIFIC AEROBIC CONDITIONING Higher intensity aerobic improvements. Start of some anaerobic work and lactate tolerance. Acceleration off the blade.	80%	75+/-5		5km	3 to 4	Slightly uncomfortable Breathing heavily More concentration.
	SRP	SUB RACE PACE	AEROBIC POWER Improving maximum ability to consume oxygen. Increasing lactate tolerance, as anaerobic metabolism increases. Consolidation of near race pace technique.	90%	95+/-5		2000m	6 to 8	Hard, breathing very heavily but under control.
ENERGY SYSTEM INTEGRATION	RP	RACE PACE	RACE ENDURANCE Race practice, increasing ability to sustain high work rate. Maximum oxygen consumption and high lactic acid levels Improving race technique.	100%	110/115	max	750m	10+	Painful, breathing extremely hard. Lactic acid accumulation.
ANAEROBIC METABOLISM	PRP	PEAK RACE PACE	SPEED ENDURANCE Improving ability to sustain max speed. Improving anaerobic system and lactate tolerance. Keeping strong technique.	110%	130	n/appl	200m	8+	V. hard, local muscular pain High levels of lactic acid.
	MP	MAX PACE	MAXIMUM SPEED Maximum speed and power development. Improving anaerobic abilities – lactic and ATP-PC. Increasing maximum stroke rate.	112%	130/140 Max	n/appl	100m	6	Fast and powerful, but physiologically comfortable.

NOTES:
RESISTANCE WORK. Additional resistance may be added to the kayak during any of these sessions, by either adding weight to the kayak, or putting bungees and balls on the outside of the boat.

TECHNIQUE. Separate technique sessions have not been identified. A technique emphasis, or goal, should be placed on every session. The aims of the technique development may determine the type of session which can be prescribed, or the aims of the physiological development may determine the technique emphasis during a particular session. The priority of technique development versus physiological progression will change throughout the year.