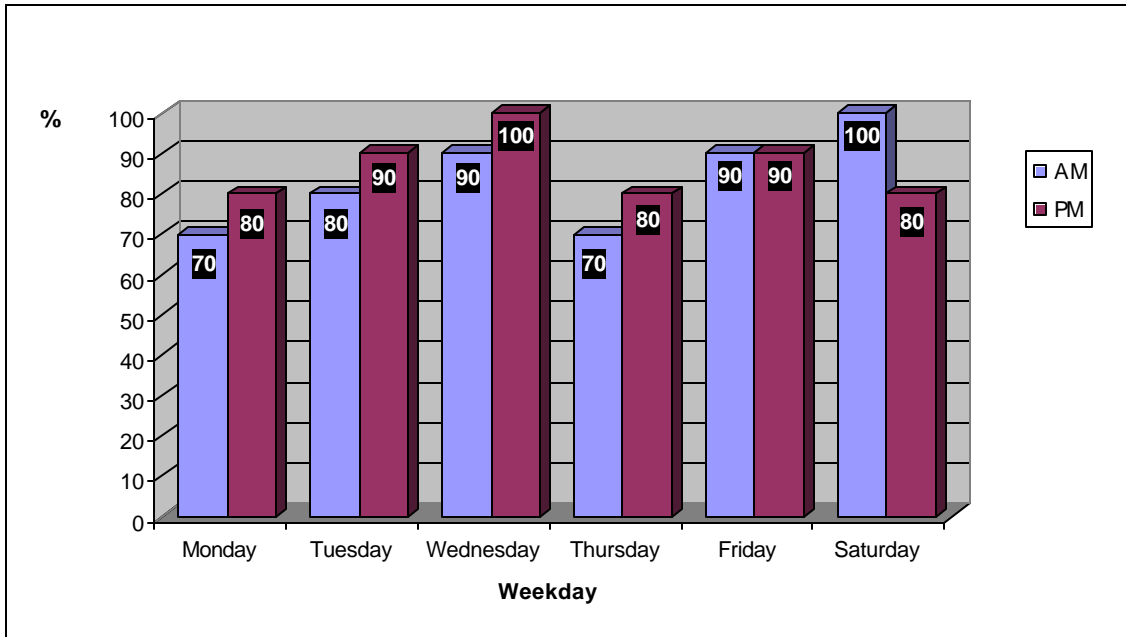


**The schematic figure of training load of Macro cycle II.
March 29 to May 2nd (5 weeks)**

**Schematic figure of training load of a week of Macro cycle II.
March 29 to May 2nd (5 weeks)**



- Please notice that the time/distance warming up's and cooling down 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) or put some extra weight into the boat

**DAILY TRAINING PROGRAMME
MACROCYCLE II.**

1st week (March 29th – April 4th)

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	Long distance: 10 -12km Stroke rates: K: 72 -74 C: 34 -36	Fartlek: 12-14 km individual Stroke rates: various 80-95%	
Tue	Repetition 5 x 1200m Int: 80 % -85% rest 2- 3 minutes	Fartlek: 2000m hard 1000 easy 3 sets	Weights 1
Wed	Interval long: (8 – 6 – 4 min) 3 sets Rests: 2-2-4 minutes	Long distance 16 km Stroke rates: K: 72 - 74 C: 34 - 36	Running 1
Thu	Individual,	Fartlek: 12 km	Weights 2

	Technique practice	Stroke rates: various 80-95%	
Fri	Interval long: 8 x 5 min Rests are 2 min Str. Rate: K 74-76, C 36-40	Repetition: 8 x 1000m rest: 1.5 – 2 min Int. 80 –85 %	Running 2
Sat	Time trial: 2 x 2000m Rests: 15 minutes	Long distance: 10-12km Int: individual	Weights 3
Sun	off	off	

**DAILY TRAINING PROGRAMME
MACROCYCLE II.
2nd week (April 5th - 11th)**

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	Long distance: 10 -12km Stroke rates: K: 74-76 C: 38 -40	Fartlek: 14 km individual	
Tue	Long distance: 16-18 km Stroke rates: K: 74-76 C: 38 -40	Repetition 6 x 1000m Int: 80 % -85% rest 300m or 3 minutes	Weights 4
Wed	Interval 10 x 4 minutes Int. 85 % Rest. 2 min	Fartlek: 1.5 hours Included 4 x 5 minutes with increasing speed	Running 3
Thu	Long distance 12-14km Technique practice	Fartlek: 12 km individual	Weights 5
Fri	Interval medium: (5 – 4- 3- 2min) 3 sets, Rests are 90 sec and between sets are 4 min	Fartlek with programme: 1000 easy -1000m hard 4 sets	Running 4
Sat	Time trial: 2x 2000m Rests: 15 minutes	Long distance: 14-16km 1.5- 2hours paddling	Weights 6
Sun	off	off	

**DAILY TRAINING PROGRAMME
MACROCYCLE II.
3rd week (April 12th - 18th)**

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	Long distance: 12 -14km Stroke rates: K: 78-8 0 C: 38 -40	Fartlek: 14 km individual Technique practice	
Tue	Repetition 10 x 1000m Int: 80 % -85% Rest 200m or 2 minutes	Long distance: 14 -18km Stroke rates: K: 74 -78 C: 34 -38	Weights 7
Wed	Fartlek 8 set (500m hard 500m easy)	Long distance 16-18 km Stroke rates: K: 74- 76 C: 34- 36	Running 5
Thu	Long distance 14 - 16km	Fartlek: 12 km	Weights 8

		Technique practice (team boat)*	
Fri	Interval medium: 15 x 2min Rests are 30 sec and between sets are 1 min	Fartlek with programme: 4 sets 1000m hard 500m easy	Running 6
Sat	Time trial: 3 x 2000m Rests: 15 minutes	Long distance: 14-16km	Weights 9
Sun	off	off	

- This is the time of start practice in team boats gradually. 2-3 training should be in team boats (K4) the others in single in a week. Those who are focusing to compete in K2 and C2 the training should be in 50 –50 % or more gradually.
- Team boat training should be at first in long distances and fartlek training before on higher intensity training.

**DAILY TRAINING PROGRAMME
MACROCYCLE II.
4th week (April 19th – 25th)**

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	Long distance: 12 -14km Stroke rates: K: 80 -82 C: 40 -42	Fartlek: 12 - 14 km (e.g.in team boat)	
Tue	Repetition 8 x 1000m Hard pace Int: 80 % -85% Rest 300m or 3 minutes	Fartlek: 14 km (e.g.in team boat)	Weights 10
Wed	Interval long 10 x 5 minutes Int. 85 % Rest. 2 min	4 x 2000 m for time Rests approx. 8-10 minutes	Running 7
Thu	Long distance 14 -16km Technique practice	Fartlek: 12 km	Weights 11
Fri	Interval medium: 15 x 2min Rests are 30 sec and between sets are 1 min	Fartlek with programme: 4 sets 500m hard 1500m easy	Running 8
Sat	Time trial: 3 x 2000m Rests: 15 minutes	Long distance: 14-18km	Weights 12
Sun	off	off	

**DAILY TRAINING PROGRAMME
MACROCYCLE II.
5th week (April 26th - May 2nd)**

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	Long distance: 12 -14km Stroke rates: K: 82 -84 C: 40 -44	Interval long: 10 x 4 min Rests are 2 minutes Int: 85-90 %	

Tue	Fartlek: 14 km individual	Interval medium: 10 sets 2 x 2min Rests are 30 sec and between sets are 3 min Int: 90 %	Weights 13
Wed	Interval long 1 x 8 min and 3 sets (5 –4 – 3 min) Rest. 3 min between sets and 1 min within Int: between 70 and 85 %	3 x 2000 m for time Rest: 15-20 min	Running 9
Thu	Long distance 12 -14km Technique practice	Fartlek: 12 km Included 10 x 1 min hard pace	Weights 14
Fri	Repetition 8 x 500m Int: 80 % -85% Rest 300m or 2-3 minutes	Interval medium 6 x 3 min Rest: 3 min Int: 85-90 %	Running 10
Sat	Time trial: 3 x 1000m Rests: 15 –20 minutes	Individual	Weights 15
Sun	off	off	

STRENGTH DEVELOPMENT TRAINING 1-15

- In this plan the training structure have been described the using exercises shall be determinate by the coach on the base of the available equipment or follow the details in the microcycle I.
- All the strength development training requires worming up and cool down phases, which contain stretching and gymnastics.

Weights training 1

Kind	Strength endurance development
Method	Series
Volume	8 exercises, 5 sets of each, number of repetitions are various
Load	70-80 % of maximum strength
Rest	Individual (approx 30 sec –60 sec)
Exercises	

Weights training 2

Kind	Strength endurance development
Method	Circuits training
Volume	10-12 exercises, 30 minutes non-stop, 30 seconds working phases
Load	40 %
Rest	Not any –only changes to one exercises to another
Exercises	

Weights training 3

Kind	Explosive/quick strengths development
Method	Circuits, athletes running from one exercise to the other, one-by one and repeat the exercises as quick as possible
Volume	8 circuits – sets, (each duration about 2 minutes), each circuits contents of 6-8 exercises and 10 repetition on each
Load	50% of maximum strength
Rest	4-6 minutes between sets
Exercises	

Weights training 4

Kind	Strength endurance development
Method	Series
Volume	6-8 exercises, 4 sets of each, 12-15 repetition per set
Load	70 %
Rest	Individual
Exercises	

Weights training 5

Kind	Strength endurance development
Method	Series
Volume	4 exercises, 4-5 sets of each, maximum number of repetition per sets.
Load	40-50 %
Rest	2-3 minutes between sets
Exercises e.g.	Pull up's; Bench rowing; Bench press; Sit-ups with extra weight in hands.

Weights training 6

Kind	Strength endurance development
Method	Special circuits –super sets- with quick execution
Volume	4 pairs of exercises, 3 sets per pairs, 3 circle in each set, 10 reps per exercises
Load	60 – 70 %
Rest	2-5 minutes
Exercises e.g.	a) Bench press –Bench row; b) Pull ups – Push ups; c) Biceps curl – Triceps curl, d) Back extension –sit ups

Weights training 7

Kind	Strength endurance development
Method	Circuits

Volume	8 exercise, 3 circuits, 30 sec on 10 off, 2 times remaining in the same exercises before change,
Load	40 %
Rest	10 seconds between exercises and changes, 3-5 minutes between
Exercises	

Weights training 8

Kind	Strength endurance development
Method	Circuits training
Volume	8-10 exercises, 25 minutes non-stop, 30 seconds working phases
Load	40 %
Rest	Not any –only changes to one exercises to another
Exercises	

Weights training 9

Kind	Strength endurance development
Method	Circuits training, two persons at one station, changes between them before moving to the next exercise
Volume	8-10 exercises, 30 seconds working phases, 3 sets
Load	40 - 50 %
Rest	Until the partner is working (25 sec)
Exercises	

Weights training 10

Kind	Strength endurance development
Method	Circuits -small circuits-
Volume	3 kind of circuits, each consist of 4 exercises, 10 repetition in each exercises, the duration of one circuit is 2 minutes, 2 sets of each circles
Load	50 %
Rest	Only between the circles: approximately 2-4 minutes
Exercises	

Weights training 11

Kind	Quick strength development
Method	Series with quick execution
Volume	6 exercises, 4 sets of each, 15 repetition per set
Load	50 - 60 %
Rest	2 minutes between sets
Exercises	

Weights training 12

Kind	Strength endurance development
Method	Circuits “non-stop”
Volume	30 minutes, working phases 30 sec; 10-12 exercises
Load	40 %
Rest	The time of changes
Exercises	

Weights training 13

Kind	Strength endurance development
Method	Circuits training, two persons at one station, changes between them before moving to the next exercise
Volume	8-10 exercises, 25 seconds working phases, 3-4 sets
Load	40-60 %
Rest	Until the partner is working (25 sec)
Exercises	

Weights training 14

Kind	Explosive/quick strengths development
Method	Circuits, athletes running from one exercise to the other, one-by one and repeat the exercises as quick as possible
Volume	8-10 circuits – sets, (each duration about 2 minutes), each circuits contents of 6-8 exercises and 10 repetition on each
Load	50% of maximum strength
Rest	5-6 minutes between sets
Exercises	

Weights training 15

Kind	Quick strength development
Method	Series with quick execution
Volume	6 exercises, 3 sets of each, 12 repetition per set
Load	60 –70 %
Rest	2 minutes between sets
Exercises	

Running training 1-10

- All the running training requires warming up and cool down phases, which contain stretching and jogging

Running training 1

Method	Long distance / cross-country
Distance	5 - 6 km
Repetition	1
Rest	

Running training 2

Method	Repetition in track
Distance	1200m
Repetition	3
Rest	5 - 6 minutes

Running training 3

Method	Long distance / cross-country
Distance	5-6 km
Repetition	1
Rest	

Running training 4

Method	Fartlek (if track available)
Distance	10 laps (4 km)
Repetition	400 m hard – 400 m easy
Rest	-

Running training 5

Method	Long distance / cross-country
Distance	5-6 km
Repetition	1
Rest	

Running training 6

Method	Repetition in track
Distance	1500 m
Repetition	3
Rest	6 –8 minutes

Running training 7

Method	Fartlek - individual
Distance	4 km

Repetition	1
Rest	-

Running training 8

Method	Repetition
Distance	800m for time,
Repetition	4
Rest	4 - 5 minutes

Running training 9

Method	Long distance / cross-country
Distance	5-6 km
Repetition	1
Rest	-

Running training 10

Method	Cooper test –measure the distance in 12' minutes running
Distance	12 minutes running
Repetition	1
Rest	-