





Group: Club		Athletes: Club						
		Week: 5/2						
		Year: 2018						
Core Sessions		Intermediate Sessions		Advanced Sessions				
Paddle Sessions								
	L1	L2	L3	L4	L5	L6	L7	L8
Monday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x30s@L4/90s@L2		3x(5x30s@L6/90s@L2)/3-4min rest					
	min	5	22.5		1		7.5	
Tuesday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 3x1min@L4/1min@L2		2x(4x4min@L4/1min rest)/2min rest					
	min	5	3		32			
Wednesday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x1min@L4/1min@L2		3x(2x2min@L5/2min rest)/6min rest					
	min	5	2		2	12		
Thursday	Warm up: 10minute off-water dynamic stretching, 5minute easy paddling		3x(4x90s@40spm/30s rest)/1min rest					
	min	5		18				
Friday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x5s,10s,15s every minute @L6		Heavy Resistors! 4x(5x6s@L8/54s rest)/3min rest					
	min	5				1.0		2.0
Saturday	10 minute warm-up, 8x3min@L3/1min rest							
	min	10		24				
Sunday	Stretch, 20-30min recovery exercise (L1 - Walk/ride)							
	min							
Total MIN:								162

Group: Club		Athletes: Club						
		Week: 12/2						
		Year: 2018						
Core Sessions		Intermediate Sessions		Advanced Sessions				
Paddle Sessions								
	L1	L2	L3	L4	L5	L6	L7	L8
Monday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x30s@L4/90s@L2		4x(5x30s@L6/90s@L2)/3-4min rest					
	min	5	33		1		10	
Tuesday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 3x1min@L4/1min@L2		2x(6x3min@L4/1min rest)/2min rest					
	min	5	3		36			
Wednesday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x1min@L4/1min@L2		3x(3x2min@L5/2min rest)/8min rest					
	min	5	2		2	18		
Thursday	Warm up: 10minute off-water dynamic stretching, 5minute easy paddling		3x(5x90s@40spm/30s rest)/1min rest					
	min	5		22.5				
Friday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x5s,10s,15s every minute @L6		Heavy Resistors! 5x(6x6s@L8/54s rest)/3min rest					
	min	5				1.0		3.0
Saturday	10 minute warm-up, 6x5min@L3/1min rest							
	min	10		30				
Sunday	Stretch, 20-30min recovery exercise (L1 - Walk/ride)							
	min							
Total MIN:								196.5

Group: Club		Athletes: Club						
		Week: 19/2						
		Year: 2018						
Core Sessions		Intermediate Sessions		Advanced Sessions				
Paddle Sessions								
	L1	L2	L3	L4	L5	L6	L7	L8
Monday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x30s@L4/90s@L2		4x(5x45s@L6/75s@L2)/3-4min rest					
	min	5	33		1		15	
Tuesday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 3x1min@L4/1min@L2		2x(4x5min@L4/1min rest)/2min rest					
	min	5	3		40			
Wednesday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x1min@L4/1min@L2		3x(4x90s@L5/1min rest)/8min rest					
	min	5	2		2	18		
Thursday	Warm up: 10minute off-water dynamic stretching, 5minute easy paddling		3x(5x90s@60spm/30s rest)/1min rest Maximum distance per stroke					
	min	5		22.5				
Friday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x5s,10s,15s every minute @L6		Heavy Resistors! 4x(10x6s@L8/54s rest)/3min rest					
	min	5				1.0		4.0
Saturday	10 minute warm-up, 4x10min@L3/1min rest							
	min	10		40				
Sunday	Stretch, 20-30min recovery exercise (L1 - Walk/ride)							
	min							
Total MIN:								216.5

Group: Club		Athletes: Club						
		Week: 26/2						
		Year: 2018						
Core Sessions		Intermediate Sessions		Advanced Sessions				
Paddle Sessions								
	L1	L2	L3	L4	L5	L6	L7	L8
Monday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x30s@L4/90s@L2		4x(5x30s@L6/90s@L2)/3-4min rest					
	min	5	33		1		10	
Tuesday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 3x1min@L4/1min@L2		2x(5x4min@L4/1min rest)/2min rest					
	min	5	3		46			
Wednesday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x1min@L4/1min@L2		4x(3x2min@L5/2min rest)/8min rest					
	min	5	2		2	24		
Thursday	Warm up: 10minute off-water dynamic stretching, 5minute easy paddling		3x(5x90s@60spm/30s rest)/1min rest Maximum distance per stroke					
	min	5		22.5				
Friday	Warm up: 10min off-water dynamic stretching, 5min easy paddling, 2x5s,10s,15s every minute @L6		Heavy Resistors! 4x(10x6s@L8/54s rest)/3min rest					
	min	5				1.0		4.0
Saturday	Monthly Challenge!							
	min	10		60				
Sunday	Stretch, 20-30min recovery exercise (L1 - Walk/ride)							
	min							
Total MIN:								243.5