

The training programme for the macro cycle III.

May 3rd to May 30th 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. 1st week (May 3rd – May 9th)

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

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

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

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

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

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

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	off	Interval -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%	
Tue	Time Trial 2 x 1000m or 500m or those combination	Fartlek 12 km fartlek including some "flying starts" 5-6 times	Strength t. 20 min
Wed	Interval training short, 3 sets: (10" – 20" – 30" – 20"-10") rests: 30" , between sets 4 minutes, Int: 100%	Interval medium: 2 sets: (4min –3 min – 2min) rests 4 min 3min 5 min Int: 85 % -90% -95%	
Thu	Individual paddling 8 km techniques/fartlek	Repetition short 4 x 300m Int: 95-100%	
Fri	Individual easy paddling	off	
Sat	COMPETITION	COMPETITION	
Sun	COMPETITION	COMPETITION	