

## Training programme of the macro cycle VI.

Aug 2<sup>nd</sup> -29<sup>th</sup> 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. 1<sup>st</sup> week (Aug 2<sup>nd</sup> – Aug 8<sup>th</sup>)

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

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

<b>DAYS</b>	<b>MORNING</b>	<b>AFTERNOON</b>	<b>SUPLAMENTARY training</b>
<b>Mo</b>	<b>Off</b>	<b>1.Fartlek: 4-5 km</b> <b>2. Interval:</b> 2 set (4 -3 -2- 1 min) rest: 3 -2 -1 then 5 min Int: 90-100 %	<b>Strength explosive</b>
<b>Tue</b>	<b>Repetition: 5 x200m with standing starts</b> Rest: long: 6-10 min Int: 100 %	<b>Interval:</b> 3 set( 2 – 3 – 2 minutes) Rest: 2 - 3 min 5min Int: 90 %	
<b>Wed</b>	<b>Interval for speed</b> 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 %	<b>Interval on the 1000m course:</b> 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)	
<b>Thu</b>	<b>Long distance 10 -12</b> Technique practice	<b>Interval aerobic.</b> 6 x 4 minutes, rest: 3 min Int: 85-90 %	<b>Strength explosive</b>
<b>Fri</b>	<b>Start exercises</b> 8 -10 x 100 m Int: 100%	<b>Individual paddling</b>	
<b>Sat</b>	<b>Fartlek 8 - 10 km</b> Included 6-8 moving start exercises	<b>2 x course time trial</b> <b>rest: 30 min</b>	
<b>Sun</b>	<b>2 x course time trial</b> <b>rest: 30 min</b>	<b>Off</b>	

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

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

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.  
4<sup>th</sup> week (Aug 23<sup>rd</sup> – Aug 29<sup>th</sup>)**

<b>DAYS</b>	<b>MORNING</b>	<b>AFTERNOON</b>	<b>SUPLAMENTARY training</b>
<b>Mo</b>	<b>Off</b>	<b>Fartlek</b> 8 km	
<b>Tue</b>	Repetition 4 x 1000m int 80% rests: 5 minutes	Interval: 3 sets ( 4 x 15 sec) rest: 45sec, between sets: 3 min Int 100 %	
<b>Wed</b>	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 %	
<b>Thu</b>	Repetition. 1 x 1000. int 80 % 1 x 500 m int 90 % 1 X 200 m int 100 %	off	
<b>Fri</b>	20 minutes paddling included some sprints	off	
<b>Sat</b>	<b>Competition</b>	<b>Competition</b>	
<b>Sun</b>	<b>Competition</b>	<b>Competition</b>	

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