Week 6 Training Programme
Week 6

Congratulations! You have made it to week 6, this week will mark the half way point of your Blueway 10K training programme. Your fitness will be showing improvements now and the technical work should be paying dividends as the paddling becomes more fluent and automatic.

This week you’ll be looking at the last phase of the forward stroke, the “recovery” phase. The recovery is the nicest phase of the forward stroke, you are moving your body and hands to return to the set up while taking advantage of your momentum to let the boat glide in the water. Getting the timing right in recovery ensures you get maximum output from each stroke.

We continue to increase the training volume so you’ll really need to move quick during the transitions. There won’t be much time to hang around this week I’m afraid, you are going to be flat out, but the increased volume is going to be a huge benefit by the time Blueway 10K comes around.

We are introducing a new stroke to you this week which will allow you to move the boat sideways. This sideways stroke is called the draw stroke, not to be confused with the draw phase. It’s a tricky one and will take a few weeks to get right. Listen carefully to the instructions in this week’s Blueway 10K video and just focus on technique not speed this week.

And of course we wrap up this week with another title shot on the 1000m time trial, the “race of truth”. This is your second opportunity to time-trial over 1000m and measure how much you’ve learned and how much your fitness has improved over the past month. What do you think, can you beat your time from week 3? And if so by how much?
Week 6 - Hour 16

Session Goals
a) Introduce “Recovery Phase” of the forward stroke  
b) Build aerobic endurance  
c) 3 x 12 min intervals (6min-4min-2min) with 2 mins rest

Session Set Up
• None required

Intro
1) Review session goals & gear up (2 mins)

Warm Up
2) Land-Based: Practice “Recovery” movement on land, alternate both sides, starting slowly to get technique right and gradually speeding up, see notes (5 mins)  
3) Water Based: Practice “Recovery” movement on water, alternate both sides, starting slowly to get technique right and gradually speeding up, see notes (5 mins)

Main Set
4) 3 x (6-4-2) with 2 mins recovery between each set (42 mins)  
This week we are increasing the intervals to 12 minutes of continuous paddling, each 12 minute interval will be broken down as follows:

0-6 min: easy (50% intensity)  
6-10 min: medium (70% intensity)

10-12 min: hard (90% intensity)

Cool Down
5) Off the water (1 min)  
6) Standard Land-Based stretches, see notes (5 mins)

Wrap Up
7) Put gear away (2 mins)
Week 6 - Hour 16 - Technical Notes:

Forward Stroke “Recovery Phase”

- Right side Recovery: Right hand exits the water with elbow in and wrist out. Left hand is extended forward at chin level and remains there throughout.
- Keep your right shoulder back and left shoulder forward throughout the recovery phase.
- Maintain pressure on the right leg and make sure there is no pressure on the left leg throughout the recovery phase.
- Slowly raise your right hand up to eye level with the elbow at 90 degrees.
- The recovery should bring you into the set up position
- It is important to relax the shoulders and arms in the recovery phase and focus on a strong core. Balance comes from the core, not from the shoulders!
- Take your time on the recovery. Let the boat glide and do the work for you.
- Do the opposite for “Recovery” on the left side.
Week 6 - Hour 17

Session Goals

a) Learn draw stroke technique
b) Develop Aerobic Threshold
c) Pyramid session building from 1min to 5min and back to 1min

Session Set Up

- No Set Up required

Intro

1) Review session goals & gear up (2 mins)

Warm Up

2) Land-Based: Practice Draw Stroke movement while standing on land, alternate both sides, starting slowly to get technique right and gradually speeding up, see notes (5 mins)
3) Water Based: Practice Draw Stroke on water, alternate both sides, starting slowly to get technique right and gradually speeding up, see notes (5 mins)

Main Set

4) Pyramid 1/2/3/4/5/4/3/2/1 with 1 min rest between each (33 Minutes)

Today’s session will be a regular pyramid session, but the top end will now be a 5 minute piece. The intervals will gradually increase from 1 minute up to 5 minutes and then decrease back down to 1 minute. Try to learn from the previous 2 pyramid sessions and improve your speed and consistency at aerobic threshold.

Cool Down

5) Water Based: Draw stroke practice: 8 x 30 secs on each side, alternating right to left, see notes (8 mins)
6) Standard Land-Based stretches, see notes (5 mins)

Wrap Up

7) Put gear away (2 mins)
Week 6 - Hour 17 - Technical Notes:

**Draw Stroke**

- The draw stroke is used to move to the right or left, without turning the kayak.
- Right draw stroke: Rotate your head and torso by bringing your right shoulder back and left shoulder forwards, like the rotation exercise we did in earlier weeks and look to your right.
- With our torso rotated bring your left wrist up to your forehead, with the back of our hand facing your face and a 90° bend in your elbow.
- With your torso still rotated place the right blade in the water, at full arm’s length away from the side of the kayak, in line with your hips.
- Make sure the face of the blade is positioned parallel to the kayak.
- Now pull the blade towards the kayak until the right wrist is within 10 cm of the side of the kayak.
- Using your control hand, twist the blade so that it is now perpendicular to the boat.
- Slide the blade back out to arm’s length away from the kayak and repeat the stroke again.
- During the draw stroke, keep the opposite wrist in front of your face, as if you’re reading the time off a wrist-watch.
Pacing

- When racing in a group, it is important not to let the other competitors dictate your pace.
- If the pace is too hard, use the slipstream or wake to reduce the effort.
- Staying in the group is usually a better option than dropping off the back. But if you feel the pace is too hard, even when you’re using the wake, then dropping off and paddling at your own pace may be the better option.
- If the pace in the group is too low, you should try to break away and paddle alone. Do not work on the front of the group just to increase the pace! The other competitors will use your wake and benefit from all your hard work.
Week 6 - Hour 18

Session Goals
   a) Practice your start and race-pace in a competitive environment.
   b) 1000m time-trial experience
   c) Set the fastest possible time over 1000m.

Session Set Up
   • Set up 1000m marker
   • Stop watch and something to note times with

Intro
   1) Review session goals & gear up (5 mins)

Warm Up
   2) Standard Land Based Warm up routine, see notes (10 mins)
   3) Get on water
   4) Standard Water-Based Warm up routine, see notes (10 mins)

Main Set
   5) 1000m time-trial

Cool Down
   6) Water-Based: Focus and Practice the “Recovery Phase” of the stroke, 4 x 2 mins slow paddling really focusing on the glide during recovery, with 1 min rest & review (5 mins)
   7) Water-Based: Practice draw stroke 5 x 1 min slowly on each side (10 min)
   8) Standard Land-Based stretches, see notes (5 mins)

Wrap Up
   9) Put gear away (5 mins)
Week 6 - Hour 18 - Technical Notes:

1000m Time Trial

Try to remember how you felt during the first time-trial in week 3. Did you push too hard at the start? Or not enough? How was your pace in the mid-section? How was your finish?

Before you get on the water, make a race plan based on what you learned from the first time-trial.

After this time-trial, make some notes to compare how you felt today with how you felt during the first time-trial. This will help when it comes to the final time-trial in week 9.

Some times from the best in the world! These times can only be achieved in racing boats, what we call racing K1’s. If you would like to try a stable racing K1 talk to your Blueway 10K club or provider and if they don’t have any locally they can contact us in Canoeing Ireland and we will send some out on loan for you to try.

Max Hoff 3 min 22 seconds

Taneale Hatton 3mins 48 seconds
Standard Land Based Warm-Up Routine 1

- Complete these 10 exercises in a dynamic programme
- Move through the full range of movement
- Repeat each movement 10 times.
- Focus on the neck, shoulders, arms and trunk/back

Neck

- Side Tilts
- Neck rotation

- Forward tilt
Shoulders and arms

- Up-downs

- Chest cross-over
- Windmills (forward and back)

- Wrist and elbow rotations
Trunk and Hips

- Upper trunk rotation

- Lower trunk rotation
- Hip rotation

**Standard Water Based Warm-Up Routine 1**

- Paddle forwards at a slow pace, almost in slow motion, gradually step up speed every minute over 5 minutes, last minute should be at 80-90% max. Focus on technique throughout.
- 4 x 360° turn in each direction forward sweep only
- 4 x 360° turn in each direction reverse stroke only
- 8 x rotation stretch on each side, place right blade on the left side of the boat, over the left knee, and rotate to look behind you, repeat on opposite side.
Standard Water Based Cool-Down Routine 1

- 8 x rotation stretch on each side, place right blade on the left side of the boat, over the left knee, and rotate to look behind you, repeat on opposite side.
- 4 x 360° turn in each direction combined forward & reverse sweep
- Paddle forwards at a high pace, gradually slow down every minute over 5 minutes, until paddling in slow motion for the last minute. Focus on technique throughout.

Standard Land Based Cool-Down Routine 1

- Carry out the following 10 stretches on the bank
- Hold each stretch for 10 seconds on both left and right sides
- Focus on the neck, shoulders, arms and trunk/back
- If legs are stiff after training, add in some leg stretches to the cool-down

Neck

- Side stretch
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- Rotation

- Forward stretch
Shoulders and arms

- Triceps

- Rotator Cuff 1

- Rotator Cuff 2
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- Chest

Trunk and Back
- Trunk flexion / extension
- Trunk Lateral Flexion

- Trunk rotation