

WINTER BOARD TRAINING

Hey gang, I've built these sessions to accommodate people who're training for endurance paddle races such as Molokai, or as a supplement to training for the Coolangatta Gold etc. All the sessions would be valuable for a committed paddler, but if you're not doing the big distance races, you may choose to participate in just some of 'em, or in parts of 'em all.

I do suggest that unless you're a fast downwind paddler, you avoid the longer distance stretch-outs – though they might be great for people training on surf skis or such.

Also I expect everyone who's training up for Molokai etc will supplement these sets with other stuff, ie gym core-strength work, occasional swim squads, yoga/stretching, surfing etc. The paddling alone will not be enough to fully prepare you!

Sessions start THIS WEEKEND.

APRIL TO LATE MAY

7:30am Saturday: Extended effort – timed and distance. Typically 5-6k all up, broken into three to six minute efforts with short breaks. In the ocean whenever possible. Focus is on technique and control of your effort, stroke counts, etc. 10'6" or 12'+ boards.

8am Sunday: Distance set. Anywhere from 8k to 15-20k depending on conditions. Point-to-point downwind where possible and practical. Minimal rest in these sets, the focus is on percentages, mental effort and pursuit skills. 12'+ boards where possible.

Wednesday (6am to start – we may shift times as daylight grows shorter): Speed set, possibly flatwater – 10 x 2min efforts plus group drafting, going from slow pace to max effort and back, working on precision and technique. 10'6" boards.

Diet: Minimise dehydrants/diuretics (ie coffee and alcohol), focus on a solid all-round diet and on refuel post-sessions, keep the fluids up for 24hrs before the distance sets

RACE: Honolulu Snapper to Currumbin (9k) in late May or early June

MID-MAY TO MID-JUNE

Pick up the effort in the midweek set – holding max pace for longer.

JUNE TO EARLY JULY

Race training/familiarity:

Pick one of the weekend days based on weather conditions and concentrate on 12-20+ k sets, trying different things depending on conditions: ie. 10 laps of the Reef, switching paddlers each lap in team format; Newport to Clareville (beach to inside Pittwater around Barrenjoey). 12'+ boards

Weekend day two: 2k sprint races x 3 working against non-Molokai (fresh) paddlers, 10'6" boards.

Weekday set: flatwater sprints/drafts

Diet: high protein, recovery carbs, lots of water/electrolytes

EARLY JULY TO RACE DEPARTURE

Drop the big distances, scale back any weights work.

Weekends 1 x 8k paddle at pace, 1 x extended efforts

Board swaps and board familiarity sessions

POST-MOLOKAI TO END OF AUGUST

Light weekend paddles for all the crew – prepare for short course training, starting in September!