

2008 Weekly Training – Revised Timetable

The club racing coaches propose the following weekly training timetable – starting Monday 14th April.

There are 3 key changes:

- 1) Introduction of a race every Sunday. When there is no obvious local or national event to attend the club will run a 10k handicap race. This will either be nominated as a K1 or K2 race. The course will be varied week to week to provide different turns and downstream and upstream finishes with no portages. The results would be only position based. The 5k handicaps will be used with the intention that the faster paddlers will paddle through the field giving developing paddlers the opportunity to learn to 'hang on'.
- 2) Move the 'Monday timetrial' to Thursday and call it a Handicap race. First start at 18:30. Strict application of handicaps. Paddlers choose K1 or K2. It is moved to Thursday to take it to the effective end of the training week (Friday is rest). This provides a 3 day training block (Mon-Wed) and spaces it away from any Sunday event.
- 3) Introduction of regular pattern of sessions on Monday to Wednesday and Saturday to provide more structure. The coaches will provide suggested sessions to be completed on these days.

The objective of these changes is to provide improved structure of training and opportunities for learning and progression through regular competition – for all groups from Lightning Juniors through to Adult Beginners.

The typical weekly training pattern would look like this:

Monday – Interval session

Tuesday – Interval session

Wednesday – Longer paddle, up to 20k (EG Pangbourne K2s)

Thursday – 5k handicap race, first start 18:30

Friday – Rest

Saturday – Interval session prepare for Sunday race

Sunday – Local or national event, or Club 10k handicap race first start 10:00

The Junior training groups would follow this pattern as far as possible and would participate in Thursday and Sunday club events.