

Off-season Cold Intermediate Training Plan Week #17, February 28 - March 6, 2022



Week 17 of the Off-Season Program builds on last week with a continued higher training load focused on the development of aerobic base, both specific and non-specific, and incremental increases to work of the same structure. Please continue to do the work with highest quality possible, both in terms of effort and attention to detail in terms of technique.

If you are still unable to paddle please continue to do the work as land-based cardio, following the instructions provided. In this case please continue to consider varying your activities so that you are not doing all the work in one activity. As usual this is especially important in high load weeks but even in recovery weeks it will promote better recovery.

If you are able to paddle it continues to be a good idea to incorporate drills into your warm up and cool down if the weather is not too cold and whether you can paddle or not it continues to be a very good use of your time to spend 10 to 15 min 3x/week doing land-drills, video of which you can find on the Paddle Monster website or the Paddle Monster YouTube channel. If you are unable to paddle or it is too cold to do drills when you paddle you should consider doing the land-drills as described above up to 5x/week.

Have a great week and please do not hesitate to ask questions if you have them.

Larry

Macro: 1		Meso: 2		Micro: 14		Date: Feb 28 - Mar 6, Accumulation					
Totals:		Days training: 6		Paddle: 0 - 3		Cardio: 3 - 6		Strength: 3		Other:	
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
WORKOUTS	Strength: Day 1 from the Strength Program or your own routine Cardio: 65 min alternating 5 min at level 2 and 5 min at level 3 and repeat	Paddle: approx 80 min including 2 sets of 10 x 1 min technical focus (no harder than level 3), 1 min rest with 15 min level 2 between sets. OR Cardio: 66 min of 90 sec hard level 3, 30 sec easy level 2 (5 min level 2 warm up and cool down)	Strength: Day 2 from the Strength Program or your own routine Cardio: 10 min level 2, 40 x 40 sec level 4, 20 sec easy, 10 min level 2	Paddle: 4 sets of 10 x 70 sec hard (odd pieces at level 3 and evens at level 4), 20 sec rest, 3 min rest between sets. Try to accelerate as quickly as possible in each 70 sec and then settle into the appropriate traveling pace OR Cardio: do the water workout with 5 min easy level 2 warm up and cool down	Strength: Day 3 from the Strength Program or your own routine Cardio: 30 min easy level 2 recovery cardio	Paddle: 1 x 20 min, 1 x 15 min, 2 x 10 min, 1 x 5 min, 1 min rest. Alternating 2 min at level 2, 2 min at level 3, 1 min at level 4 and repeat OR Cardio: do the paddle workout in the land-based activity of your choice.	Paddle: OFF Cardio: OFF Other: OFF Notes: OFF				
	NOTES	Prepared for paddlers training with Paddle Monster. Please train and paddle with www.paddlemonster.com .									