Paddle Monster Dryland Training - Intermediate Program

Training Group	Training Level	Macrocycle	Mesocycle	Microcycle Dates - Week Start	Focus
SUP / OC Northern Hemi	Intermediate	2021	Cycle 4	Feb 8, 15, 22, March 1	Strength Endurance

Monday - Strength 1

Program Order: Warm Up > Resistance > Balance > Endurance > Cool down

WARM UP

1) General aerobic cardio (any mode)	10 minutes
2) Cat / Camel	10 reps
3) Quad Stretch > Forward Reach	5 reps L/R
4) Sumo Squat > Double Lateral lunge > Ground Touch	6 reps
5) Thread the needle	10 reps L/R
6) Super Vinyasa	10 rep
7) Reverse Fly with Bands Series	10 reps each

BALANCE

1) Sobriety Test	2 x 20 steps
2) Single Leg Drop Squats	2 x 6 L/R
3) Airplanes Eyes Closed	2 x 5 each side

NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM

COOL DOWN

1) Aerobic cardio (spin bike preferred)	10 minutes
2) Downward Dog (hold 10 sec each)	6 repetitions
3) Pigeon Pose	2 x 30 sec each leg
4) Scorpion Pose	2 x 30 sec each leg
5) Reclined Twist	10 reps L/R

RESISTANCE TRAINING

Notes: *The beginning is geared towards strength maintenance. Go heavy with 2 reps left in the tank.*
The second half is more geared toward endurance, work hard and focus on quality even as you fatigue.

#	Exercise				Week 1 (Feb 8)		Week 2 (Feb 15)		Week 3 (Feb 22)		Week 4 (March 1)					
A1	**Bench Pull**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**101**	Set 1	6		5		4		6					
Substitute with a supported pull if no				Set 2	6		5		4		6					
				Set 3	6		5		4		6					
				Set 4	6		5		4							
B1	**Barbell Squat**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**101**	Set 1	6		5		4		6					
				Set 2	6		5		4		6					
				Set 3	6		5		4		6					
				Set 4	6		5		4							
C1	**Bench Press**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**101**	Set 1	6		5		4		6					
				Set 2	6		5		4		6					
				Set 3	6		5		4		6					
				Set 4	6		5		4							
D1	**Barbell Single Leg Romanian Deadlift**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**Go to D2**	Tempo:	**301**	Set 1	12 L/R		15 L/R		20 L/R		12 L/R					
				Set 2	12 L/R		15 L/R		20 L/R		12 L/R					
				Set 3	12 L/R		15 L/R		20 L/R		12 L/R					
				Set 4												
D2	**Glute Bridge w Alternating Legs**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**303**	Set 1	10		12		15		10					
				Set 2	10		12		15		10					
				Set 3	10		12		15		10					
				Set 4												
E1	**Front Plank w Alternating Arms**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**Go to E2**	Tempo:	**hold**	Set 1	3x15sec		3x20sec		3x25sec		3x15sec					
				Set 2	3x15sec		3x20sec		3x25sec		3x15sec					
				Set 3	3x15sec		3x20sec		3x25sec		3x15sec					
				Set 4												
E2	**Side Plank w Leg Raise**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**hold**	Set 1	3x12sec L/R		3x15sec L/R		3x20sec L/R		3x12sec L/R					
				Set 2	3x12sec L/R		3x15sec L/R		3x20sec L/R		3x12sec L/R					
				Set 3	3x12sec L/R		3x15sec L/R		3x20sec L/R		3x12sec L/R					
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												

Paddle Monster Dryland Training - Intermediate Program

Training Group	Training Level	Macrocycle	Mesocycle	Microcycle Dates - Week Start	Focus
SUP / OC Northern Hemi	Intermediate	2021	Cycle 4	Feb 8, 15, 22, March 1	Strength Endurance

Wednesday - Power Endurance 1

Program Order: Warm Up > Resistance > Balance > Endurance > Cool down

WARM UP

1) General aerobic cardio (any mode)	10 minutes
2) Cat / Camel	10 reps
3) Quad Stretch > Forward Reach	5 reps L/R
4) Sumo Squat > Double Lateral lunge > Ground Touch	6 reps
5) Thread the needle	10 reps L/R
6) Super Vinyasa	10 rep
7) Reverse Fly with Bands Series	10 reps each

BALANCE

1) Sobriety Test	2 x 20 steps
2) Single Leg Drop Squats	2 x 6 L/R
3) Airplanes Eyes Closed	2 x 5 each side

NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM

COOL DOWN

1) Aerobic cardio (spin bike preferred)	10 minutes
2) Downward Dog (hold 10 sec each)	6 repetitions
3) Pigeon Pose	2 x 30 sec each leg
4) Scorpion Pose	2 x 30 sec each leg
5) Reclined Twist	10 reps L/R

RESISTANCE TRAINING

Notes: ***Focus on completing the repetitions with quality and do not rush them. Takes short breaks if necessary! Make sure you follow the tempo/ rest times.***

#	Exercise				Week 1 (Feb 10)		Week 2 (Feb 17)		Week 3 (Feb 24)		Week 4 (March 3)					
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
A1	**One Arm Dumbell Row**															
Rest:	**Go to A2**	Tempo:	**101**	Set 1	20 L/R		25 L/R		30 L/R		20 L/R					
Substitute with a supported pull if no				Set 2	20 L/R		25 L/R		30 L/R		20 L/R					
				Set 3	20 L/R		25 L/R		30 L/R		20 L/R					
				Set 4												
A2	**One Arm Cable Straight Arm Pull Down**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**101**	Set 1	20 L/R		25 L/R		30 L/R		20 L/R					
				Set 2	20 L/R		25 L/R		30 L/R		20 L/R					
				Set 3	20 L/R		25 L/R		30 L/R		20 L/R					
				Set 4												
B1	**Barbell Split Squat**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**Go to B2**	Tempo:	**101**	Set 1	15 L / R		20 L/R		25 L/ R		15 L / R					
				Set 2	15 L / R		20 L/R		25 L/ R		15 L / R					
				Set 3	15 L / R		20 L/R		25 L/ R		15 L / R					
				Set 4												
B2	**Landmine Split Stance Press**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**101**	Set 1	10 L/R		12 L/R		15 L/R		10 L/R					
				Set 2	10 L/R		12 L/R		15 L/R		10 L/R					
				Set 3	10 L/R		12 L/R		15 L/R		10 L/R					
				Set 4												
C1	**Tall Kneeling Cable Pallof Press**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**Go to C2**	Tempo:	**313**	Set 1	10 L/R		12 L/R		15 L/R		10 L/R					
				Set 2	10 L/R		12 L/R		15 L/R		10 L/R					
				Set 3												
				Set 4												
C2	**Cable Rotations Low to High**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**301**	Set 1	10 L/R		12 L/R		15 L/R		10 L/R					
				Set 2	10 L/R		12 L/R		15 L/R		10 L/R					
				Set 3												
				Set 4												
D1	**Back Extensions**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**Go to D2**	Tempo:	**131**	Set 1	10		12		15		10					
hold for 3 seconds at top				Set 2	10		12		15		10					
				Set 3												
				Set 4												
D2	**Reverse Back Extensions**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**131**	Set 1	10		12		15		10					
hold for 3 seconds at top				Set 2	10		12		15		10					
				Set 3												
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												

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Friday - Strength Endurance 1

Program Order: Warm Up > Resistance > Balance > Endurance > Cool down

WARM UP

1) General aerobic cardio (any mode)	10 minutes
2) Cat / Camel	10 reps
3) Quad Stretch > Forward Reach	5 reps L/R
4) Sumo Squat > Double Lateral lunge > Ground Touch	6 reps
5) Thread the needle	10 reps L/R
6) Super Vinyasa	10 rep
7) Reverse Fly with Bands Series	10 reps each

BALANCE

1) Sobriety Test	2 x 20 steps
2) Single Leg Drop Squats	2 x 6 L/R
3) Airplanes Eyes Closed	2 x 5 each side

NOTE: COMPLETE ENDURANCE TRAINING HERE IF DOING AT GYM

COOL DOWN

1) Aerobic cardio (spin bike preferred)	10 minutes
2) Downward Dog (hold 10 sec each)	6 repetitions
3) Pigeon Pose	2 x 30 sec each leg
4) Scorpion Pose	2 x 30 sec each leg
5) Reclined Twist	10 reps L/R

RESISTANCE TRAINING

Notes: ***Focus on completing the repetitions with quality and do not rush them. Takes short breaks if necessary! Make sure you follow the tempo/ rest times.***

#	Exercise				Week 1 (Feb 12)		Week 2 (Feb 19)		Week 3 (Feb 26)		Week 4 (March 5)					
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
A1	**Bench Pull**															
Rest:	**90 sec**	Tempo:	**101**	Set 1	20		25		30		20					
Substitute with a supported pull if no				Set 2	20		25		30		20					
bench pull				Set 3	20		25		30		20					
				Set 4	20		25		30							
B1	**Barbell Squat**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**101**	Set 1	20		25		30		20					
				Set 2	20		25		30		20					
				Set 3	20		25		30		20					
				Set 4	20		25		30							
C1	**Bench Press**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**101**	Set 1	20		25		30		20					
				Set 2	20		25		30		20					
				Set 3	20		25		30		20					
				Set 4	20		25		30							
D1	**Standing Barbell Bicep Curl**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**Go to B2**	Tempo:	**101**	Set 1	20		25		30		20					
				Set 2	20		25		30		20					
				Set 3	20		25		30		20					
				Set 4	20		25		30							
D2	**Cable Triceps Pulldown**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**101**	Set 1	20		25		30		20					
				Set 2	20		25		30		20					
				Set 3	20		25		30		20					
				Set 4	20		25		30							
E1	**Towel Knees to Chest w Abduction**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**Go to C2**	Tempo:	**111**	Set 1	10		12		15		10					
				Set 2	10		12		15		10					
				Set 3	10		12		15		10					
				Set 4	10		12		15		10					
E2	**DB Front and Side Shoulder Raises**				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:	**90 sec**	Tempo:	**101**	Set 1	10		12		15		10					
				Set 2	10		12		15		10					
				Set 3	10		12		15		10					
				Set 4	10		12		15		10					
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												
					Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Rest:		Tempo:		Set 1												
				Set 2												
				Set 3												
				Set 4												