



## Get the Dropbox App



Tapping Get the app will copy a link and open the content in the app

Program	Hemi	Season	Phase	Focus
SUP	Northem	Off-season / Winter Training	Phase 2	Max Strength

Paddlers,

Second block of the off-season is a maximum strength block. The goal will be to increase force production over the main lifts in order to increase your ability to produce high forces during a stroke. Volume will maintain while loading will increase. For those of you that need a little extra on the advanced side (paddle monster veterans), you can add another set to get more volume.

Focus on rest times and tempos as these are key to the adaptations this phase. Some workouts will be to failure while some you will leave 1-2 reps in the tank.

Do your best to focus on good technique. Do not sacrifice form for more weight. Strength is moving heavy weight that you can OWN and CONTROL. These workouts will not leave you exhausted from an endurance standpoint so manage expectations. Strength work is a different type of work. You will have nervous system fatigue which feels different. Try to pay attention and get a sense of what this feels like.

Any questions or concerns please let us know! Hop on a forum, comment on the program post or reach our directly through the app!

