

How to *Paddle* **FASTER**

TIPS FOR OPTIMAL TRAINING



BRENDAN O'NEILL

Table of Contents

1 Stroke rate and distance per stroke.....	3
2 Strengths and weaknesses.....	4
3 Smart training - recovery	6
4 Developing paces	8
5 Aerobic adaption.....	9
6 Threshold intensity, ventilatory threshold 2 (VT2).....	11
7 VO2max training.....	13
8 Anaerobic and alactic training	15
9 Distance per stroke.....	16
10 Measuring progress.....	18



Illustration 1: New Zealand womens K4 training for the Rio Olympics

10 Measuring progress

To measure progress you will need to repeat similar training events so you can compare like with like. I call these repeatable training sessions, key sessions, because they will be used to collect the metrics that will inform the type of training that is most beneficial.

Key sessions should reflect the elements of your sport that you need to replicate when racing. Traditionally if you race over 1km then a 1km time trial is a key session. However if this is the only session you collect metrics on you will identify improvement but you will not identify which aspect of the 1km improved or more importantly what has not improved and needs more work.



Ideally key sessions will mirror all the adaptations you are trying to achieve. So establish a fixed cadence threshold training session you can replicate and a fixed cadence VO2max training session that you can replicate and keep records of these key sessions once a fortnight or once a month. Use these key sessions to identify what training produces the best results. By using your Vaaka sensor to keep cadence fixed during the efforts in these sessions you can easily see differences in distance per stroke.

Most importantly if training is not producing improvement, or if your metrics at a particular stroke rate are poor, you have identified an area which needs to become a focus for your training and if what you are doing now is not working you need to do something different.

Definition of insanity:

“Doing the same thing over and over again and expecting different results.” - Einstein



vaaká *sensors*

Performance technology for paddle sports



Visit

www.VaakaCadence.com