

How to *Paddle* **FASTER**

TIPS FOR OPTIMAL TRAINING



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

4 Developing paces

It is a good exercise to consider the event you are training for and break it down into its component parts. Each part will require a different sort of training, explosive ability, variation in intensity, endurance, balance, and mental focus. A good coach will identify where adaptations will improve performance and incorporate these aspects into training. How can stroke rate feedback help? If we just consider energy systems, a sprint focused athlete will put high demands on alactic and anaerobic energy systems but anything longer than 20 seconds will have an aerobic element, so training still needs to target adaptations in all energy systems. One type of training, such as aerobic fitness, may dominate if you are aiming at an endurance event of 1 hour duration or longer, but even endurance events have starts, finishes and technical challenges that may require increased intensity for short periods, so ignoring non-aerobic aspects of training will be detrimental to peak performance.

<i>Intensity, % max HR and cadence</i>				
<i>Intensity level</i>	<i>Name</i>	<i>% max HR</i>	<i>Kayak Cadence range (double strokes per minute)</i>	<i>Work : Rest ratio</i>
1	<i>Recovery</i>	60% - 70%	28 - 32	1 : 0
2	<i>Endurance</i>	70% - 80%	32 - 36	1 : 0
3	<i>Tempo</i>	80% - 85%	36 - 38	1 : 0.25
4	<i>Threshold</i>	85% - 95%	38 - 44	1 : 0.5
5	<i>VO2 max</i>	95% +	44 - 50	1 : 1
6	<i>Anaerobic</i>	N/A	50 - 75	1:2 – 1:20

The cadence ranges in the examples above are for kayaking but similar rates will hold true for other paddle sports. The message here is to use stroke rate to identify a variety of paces that will help you achieve the energy system adaptations you are looking for. Not only will this help you go faster but it will introduce variety into your training helping to keep you sharp and enthusiastic.

[Expect the next chapter by email in 1 week!]