

Training programme of the macro cycle V. July 5th to Aug 1st 2004

- This is a pure training period without race(s) or without any preparation of it. It is the 2nd special preparation period before the peaking for the main competition of the year. That part will be the macro cycle VI.
- Athletes will participate in team boat shall practice in team boats of 80%.
- Please notice that the percentage of the speed is in the respect with the distance.
- Please notice that the time/distance of warming up and cooling down phases is not included in the daily paddling programme but these are essential part of the training!
- Athletes may use hydro- brace resistance (e.g. a rope around the hull) two –three times a week at warming up phases or first part of the programme.
- Strength development or "strength maintenance" training became important in this period again 3 times a week. Examples should be taken from the previous training programme;
- Running should be not only supplementary training but also a serious training of this period 2 times a week. Run after the paddling section of PM or morning.

DAILY TRAINING PROGRAMME MACROCYCLE V. 1st week (July 5th – July 11th)

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	Off	Long distance: 12 -14km Technique practice	Running 5 –6 km
Tue	3x 2000m Maximum pace –check the times	Interval long 8 x 5 minutes rest: 2' Int:80%	Strength development
Wed	Long distance 15 - 16 km Stroke rates: K: 80- 84 C: 40- 44	Repetition 6 x 1000m rest: 2-3 min Int: 85-90 %	Running 5 - 6 km
Thu	Fartlek: 10 -12 km (Attention for technique)	Interval long 5 x 6 minutes hard and the int. of the last 20 sec 90-100% rest: 3 min	Strength development
Fri	Interval medium: 8 sets (2min – 2 min) rest: 30" and 2min between sets, Int: 90%	Fartlek: 10 km Included 10 x approx 30 -40 strokes max speed	
Sat	Time trial: 3 x 1000m or 500m Rests: 15 minutes	Individual paddling	
Sun	Time trial: 2x 1000m or 500	Off	Strength development

**DAILY TRAINING PROGRAMME
MACROCYCLE V.
2nd week (July 12th - 18th)**

DAYS	MORNING	AFTERNOON	SUPLAMETARY training
Mo	Off	Fartlek: 14 km individual (Attention for technique)	Running 5-6 km
Tue	Repetition 6 x 1000m Int: 85% - 90 % Rest: 3 –4 minutes First and last 75 m with max intensity	Interval for endurance 4 set (4x1 min) rests 30sec, between sets 3 min Int: 90%	Strength development
Wed	Interval for speed endurance 6 set (4 x 30 sec) rest: 30'' and 3' Int: 90-95%	Time trial 3 x 500 or 1000 m or these combination	Running 5-6 km
Thu	Long distance 12-14km Technique practice	Interval aerobic. 8 x 4 minutes, rest: 3 min Int: 80 %	Strength development
Fri	Repetition 8 x 750 m Int: 90%-95%	Fartlek 10-12 km Included 6-8 moving start exercises	
Sat	Time trial: 2x 1000m Rests: 20 minutes	Individual paddling	
Sun	Time trial: 3 x 500m Rests: 15/20minutes	Off	Strength development

**DAILY TRAINING PROGRAMME
MACROCYCLE V.
3rd week (July 19th - 25th)**

DAYS	MORNING	AFTERNOON	SUPLAMETARY training
Mo	Off	Long distance: 14 -18km Consistent pace	Running 5-6 km
Tue	Repetition: 3x 2000 m hard/for time, rests: 10 min	Interval anaerobic. 6 set (45 sec –30 sec -15cec) rest: 45'' 30'' and 3 min between sets Int: 100%	Strength development
Wed	Time trial 3 x 500 or 1000 m	Fartlek: 12 km (Attention for technique)	Running 5-6 km
Thu	Individual paddling Technique practice	Repetition 10 x 3 min or 750m with increasing speed at each 1 min or 250m as 80-90-100% Reast: 3 min	Strength development
Fri	Interval anaerobic. 2 sets (10 x 30 sec) Rests are 60 sec and between sets are 5 min Int. 90-100%	Fartlek with programme: 4 set on the 1000m course: 200m hard - 700m easy - 100m hard	

Sat	Time trial: 2 x 1000m Rests: 30 minutes	Individual paddling (Attention for technique)	
Sun	Time trial: 3 x 500m Rests: 15/20minutes	Off	Strength development

**DAILY TRAINING PROGRAMME
MACROCYCLE V.
4th week (July 26th – Aug 1st)**

DAYS	MORNING	AFTERNOON	SUPLAMENTARY training
Mo	Off	Fartlek 10 x 3 min hard pace 2 minutes easy	Running 5 –6 km
Tue	Repetition 1 x 2000m 1 x 1000m 1 x 750m 1 x 500 m int 90% on each distance	Interval 4 sets (2 -1 -2) rest: 40 -20 between sets: 3 min	Strength development
Wed	Repetition 8 x 300m rest 3 min int: 90 %	Time trial 3 x 2000m rests: 15 - 20 min	Running 5-6 km
Thu	Individual paddling (Attention for technique)	Repetition a/ 3 x 400 int: 80 -90 - 100 b/ 3 x 250 int: 80 - 90 - 100 rests: back to the start	Strength development
Fri	Interval short 4 sets (60 - 45 - 30 - 15 sec) Rests: 60 - 45 - 30 sec and 3 minutes between sets Int: 90-100%	Repetition 6 x 1000 m or 4minutes Rest: 2-3 min Int: 80-90%	
Sat	Fartlek 8 km, included 6-8 moving start	Time trial 2 x 1000m or 3x 500m rest 30 min	
Sun	Time trial 2 x 1000m or 3x 500m rest 30 min	Off	Strength development