



Performance Planning For Paddlers

Foundation Level Performance Planning For Paddlers



Performance Planning For Paddlers

AN ACURATE DESCRIPTION OF THE
PERFORMERS PROFILE

WHAT TERMS DO WE NEED TO
UNDERSTAND ?



Performance Planning For Paddlers

AEROBIC FITNESS

(methods of assessment)

Maximum heart rate
205 / 220 – your age

Step tests	<i>HR</i>
12 minute cooper run	<i>Distance</i>
Bleep test	<i>Norms</i>



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ANAEROBIC CAPACITY

(assessment methods)

Basketball sprint test

'T'- Test

Aerobic Threshold – Low HR
Anaerobic Threshold – High HR



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FLEXIBILITY

Sit and Reach

Trunk Rotation

Hip Tilt





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Muscular Endurance / Stamina

1 Minute Exercises #

30 Second Circuits

Boat Specific Tests

Maintain Quality of Movement





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Skill

Acquire – Learn

Retention – Remember





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Arousal / Anxiety / Stress

Physical Signs

Emotional Scale

Group, Audience, Environment &
Self





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Strength

**CORE - The table, fit ball,
beam work & cross training**

Arms, Shoulders & legs

Body Type

Composition % body fat

Weight & Height

Size, shape, muscle mass, lean





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Lifestyle

**Job, Age, Gender &
Personal Circumstances**

Diet

Knowledge

Hydration

Six Nutrients for Health

CFPVMW





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AN ACURATE DESCRIPTION OF
THE **ACTIVITIES** CORE DEMANDS

WHAT TERMS DO WE NEED TO UNDERSTAND ?





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TIME

**3 Minutes, A Hour Or
Seven Hours**

DURATION

6 Days, A Year or Season

INTENSITY

**Anaerobic
Power or Muscle
Strength**

**Aerobic
Heart, Lungs & Muscle**



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Skill

Closed – Open

Simple / Complex / Serial

Focus – Key Skill



Mental Demands

Anxiety

Arousal

Stress



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AROUSAL

Ranges from comatose state to a state of extreme excitement

Non directional

It can be constructive or detrimental to performance

Physical



ANXIETY

Directional
i.e. unpleasant emotional state

Negative

Mental Element
i.e. worry or apprehension



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STRESS

Is a result of demands placed on the individual that are perceived to exceed available coping strategies

Stress can be Positive, Negative or Neutral

The negative outcome is distress



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FREQUENCY

1-off

Exe Descent

Once a week

Pool session

Seasonal

River Running

Weekend

Club

Daily

Training for Competition





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THE EXERCISE!!!!



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1. SLALOM RACE	90s
2. SURF SESSION	2hrs
3. A SEA TRIP	6hrs
4. 2STAR OPEN BOAT TRIP	2hrs
5. WATERSIDE SERIES RACE	3hrs
6. A WHITE WATER RACE	20 mins
7. NOMAD SESSION	3hrs
8. A LOOP DAY (DART)	5hrs
9. FREESTYLE COMPETITION	45 s
10. K2 1000 m	240s
11. POOL SESSION	60mins
12. CANOE POLO MATCH	40mins





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THE PLAN



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PLANNING

Periodisation or The General Adaption Syndrome (GAS)

PHASES

MACRO

Year

MESO

One or two months

MICRO

Weeks

VOLUME, INTENSITY, SPECIFICITY & INDIVIDUAL





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THE PROGRAMME ?

APART FROM THE KEY AREAS

CONSIDER:-

X -Training, Skill, Diet, Flexibility, Mental training, Motivation, Goals

Money, Opportunity, Achievable, Recording & Review points

KEEP IT ENJOYABLE





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Activities might include

Other sports
Fitness gym work
Circuits
Other aspects of Paddlesport
Group activities
lifestyle shifts
?





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