



Dear Paddler

Thank you for downloading my training program.

My programs were literally built on two decades of blood, sweat, and tears -- and success -- on the Molokai channel and in all disciplines of paddling. I am driven to help you succeed with this program.

There's a lot of success behind this Training Program....

I have personally won the Molokai to Oahu race, and I have competed in this race 17 times, so I personally know what to expect in the Channel. I have personally coached paddlers to over 15 wins in this race, including Jamie Mitchell and Travis Grant. I have designed many of the boards that have won this race. In short, I know how to race well, and I can share with you exactly what you need to know to achieve your best. While much of my past experience is prone paddleboards, I have been involved in Stand Up Paddleboard racing since its beginnings and I have coached, or written training programs for, many stand up paddlers to help them achieve victory, including Travis Grant, Kelly Margetts, Annabel Anderson, Beau O'Brian, Lincoln Dews and Slater Trout.

So whether your goal is to win the Molokai to Oahu race, or simply be as well trained as possible to do your best in your chosen race, I'm confident that if you follow my Training Program, you will achieve your goals.

I sincerely want you to perform your best....So if you have questions about this training program, please don't hesitate to email me.

While this Training Program is not Personalized Coaching (that is a different service I offer), I do want you to correctly implement this program -- both so you remain injury free and so you can do your absolute best on race day.

So again, please email me your questions about this program. I will personally answer them. I am here for you.

Thank you again for downloading my Training Program.... I believe (and the race results have proven) that this is the best possible way to prepare you for any race.

Train smart, on and off the water!

See you on the water!

Mick

## Speed Coach 8 week Training Plan

### Training Zones using Rates of Perceived Exertion (RPE)

Traditionally, maximum oxygen intake (V02 max) has been viewed as the key component to success in prolonged exercise activities, (Bassett & Howley 2000). However, more recently scientists have reported that lactate threshold is the most consistent predictor of performance in endurance events. Studies have repeatedly found high correlation between performance in endurance events and maximum steady-state workload at threshold. Interval training workouts are high intensity training sessions performed for short durations of time at velocities or workloads above the lactate threshold. Although the intervals can vary in duration and intensity, the combination of low level active paddling, adds volume to the program and simulates the race specific conditions.

#### Rates of Perceived Exertion Scale - RPE

Scale	Intensity
RPE 11-12	Low Aerobic Exercise <ul style="list-style-type: none"> <li>• Paddle using a very controlled technique, Use a relaxed stroke rate to match the glide of the board, Should feel comfortable, talking pace</li> </ul>
RPE 13	Anaerobic Threshold Levels <ul style="list-style-type: none"> <li>• Moderate intensity, Moderate intervals 3 – 300 minutes (3 hours)</li> <li>• Paddle using a controlled technique, focusing pressure on the catch phase of the stroke, Relax the body in the recovery phase and feel the glide of the board, Should feel comfortable to firm</li> </ul>
RPE 15	Anaerobic Threshold Levels <ul style="list-style-type: none"> <li>• Moderate volume, High intensity, High intervals 2 – 10 minutes</li> <li>• Active/non active rest periods 20 -120 sec</li> <li>• Paddling stroke should focus on strong technique through the catch and power phases, Paddle at a pace that lifts the board up into planing speed. To hold planing speed, you should try to relax during the recovery phase and maintain rhythm. Should feel somewhat hard/hard</li> </ul>
RPE 16-18	Lactate Threshold Levels <ul style="list-style-type: none"> <li>• High to very high intensity, Shorter intervals 45 – 120 seconds, Paddle with a high stroke rate, this should lift the board above planing speed, Develop lactate tolerance to sprinting above race pace (RPE 13-15)</li> <li>• Should feel hard/ very hard</li> </ul>
RPE 19 -20	Speed work <ul style="list-style-type: none"> <li>• Very high intensity, Very short intervals up to 15 seconds, Active rest periods</li> <li>• Paddle using a maximum stroke rate</li> <li>• Develops alactic power and speed without creating much acidosis in the muscles</li> <li>• Should be used all year around with aerobic conditioning sessions(RPE 11-12)</li> <li>• Should be all out efforts, very hard to hold but with good technique</li> </ul>

Using the RPE scale adds variety to the program and gives the athlete the gears to move through during races. To increase lactate threshold pace, the athlete must train in all intensity levels and specific durations, to be ready to respond to all race conditions.



**AIM: To increase aerobic endurance conditioning using low to high intensity Aerobic intervals, to progressively build adaptation to Anaerobic training and develop Lactate Tolerance conditioning.**

**Week 1**

Session 1	Session 2	Session 3
RPE 11-12 2min	RPE 11-12 2 min	RPE 11-12 2 min
RPE 13 2 min	RPE 15 1 min/30 sec rest/ 5 times	RPE 13 8 min
RPE 15 1 min	Repeat 6 times	Repeat 5 times
Repeat 7 times		

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 11-12 Warm up/recovery pace  
 13 - Lengthen out stroke holding smooth rhythm and glide of the board. Focus on a smooth stroke entry and apply pressure in the catch phase  
 15 - Focus on pressure on the blade in the water through the catch & power phases. Relax the body in the exit and recovery phase & feel the glide of the board under your feet.  
 18 - High level stroke rate, start with short sharp strokes to lift board above planing speed. Focus on a powerful catch and quick exit.  
 Rest - Stop paddling completely

**Week 2**

Session 1	Session 2	Session 3
RPE 11-12 2min	RPE 11-12 2 min	RPE 11-12 2 min
RPE 15 3 min	RPE 13 2 min/30 sec rest/ 3 times	RPE 15 3 min
RPE 13 2 min	RPE 11-12 1 min	RPE 13 5 min
Repeat 6 times	RPE 15 3 min	Repeat 5 times
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Week 6		
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RPE 11-12 2min	RPE 11-12 2 min	RPE 11-12 2 min
RPE 18 1 min	RPE 15 2 min/30 sec rest/4 times	RPE 15 3 min
RPE 13 3 min	RPE 11-12 1 min	Repeat 10 times
Repeat 8 times	RPE 13 4 min	
	Repeat 3 times	

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**Explanation**  
11-12 Warm up/recovery pace  
13 - Lengthen out stroke holding smooth rhythm and glide of the board. Focus on a smooth stroke entry and apply pressure in the catch phase  
15 - Focus on pressure on the blade in the water through the catch & power phases. Relax the body in the exit and recovery phase & feel the glide of the board under your feet.  
18 - High level stroke rate, start with short sharp strokes to lift board above planing speed. Focus on a powerful catch and quick exit.  
Rest - Stop paddling completely

**Week 7**

Session 1	Session 2	Session 3
RPE 11-12 2min	RPE 11-12 2 min	RPE 11-12 2 min
RPE 18 1 min	RPE 15 3 min	RPE 15 4 min
RPE 15 2 min	RPE 11-12 1 min	RPE 13 4 min
RPE 13 2 min	RPE 13 3 min	Repeat 6 times
Repeat 7 times	Repeat 6 times	

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**Week 8**

Session 1	Session 2	Session 3	Session 4 Race pace
RPE 11-12 2 min	RPE 11-12 2 min	RPE 11-12 2 min	RPE 13 -15 6mi
RPE 18 1 min	RPE 15 4 min	RPE 15 4 min	
RPE 11-12 1 min	RPE 11-12 1 min	Repeat 10 times	
RPE 15 1 min/30 sec rest/3 times	RPE 13 2 min/30 sec rest/2 times		
RPE 11-12 1 min	Repeat 4 times		
RPE 13 4 min			
Repeat 4 times			

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## TECHNIQUE TRAINING



PADDLE POWER TRAINER PADDLING TECHNIQUE VIDEO - [http://youtu.be/\\_A-m15IdnA](http://youtu.be/_A-m15IdnA)

## **PPT Strength Training**

### The PPT rationale

The PPT concept of strength training is to practice and perfect skills and movements in a safe controlled environment then transfer that skill to the more dynamic and paddling specific environment. The PPT strength program is self-paced and can be undertaken by any athlete from advanced to beginner. Each phase of the programming has an inherent corrective exercise component. It may take up to several months for some athletes to progress a single phase.

Use a minimum effective dose methodology. IE no more effort than is absolutely required to obtain the adaptive response sought. Athletes will typically work between 13-15 (20=max) rate of perceived exertion over two weekly sessions performed in conjunction with their paddling program. Each session should be completed in around 30-45 minutes including the warm up and cool down. Click on the link below for full details.

<http://emailmarketing.richtraining.com.au/t/j-FE95E6250DB4AE8E>

## STRENGTH TRAINING

These exercises should be incorporated into your training on your non-paddling days:

<b>Day one</b>	<b>Day two</b>
Single KB front squat <a href="http://www.youtube.com/watch?v=QrVgpDOLlgM">http://www.youtube.com/watch?v=QrVgpDOLlgM</a>	Turkish get up <a href="http://www.youtube.com/watch?v=05XkK3UbRhY">http://www.youtube.com/watch?v=05XkK3UbRhY</a>
<b>REPS</b> - 6 SETS @ 5 reps Cadence 2 sec down/pause 1 sec 2 sec up <b>Rest</b> 60 sec between sets	<b>REPS</b> 3 SETS @ 5 reps (L+R=1) Alternate Left /Right <b>Rest</b> 60 sec between sets
Explanation. The idea of learning to perfectly execute the front squat is to train the body's ability to maintain midline (spinal) stability and positioning whilst we place the body under the stress of physical load. The squat pattern forms the base for all other movement progression. This is particularly relative to any sport (and in particular SUP) as paddlers require a solid and stable foundation from which to exert force in order to propel the board. All dynamic movement variations originate from the squat or its variations.	Explanation. The TGU is both a corrective and strengthening exercise in one. It is steeped in over 300 years of history and rejuvenates all developmental movement patterns from rolling to gait development. It is therefore the godfather of strength and corrective strategies and should be included as an integral part of all athletes programming from foundation base development right through to advanced strengthening protocols.  The TGU will identify and expose all athletic weaknesses be it flexibility mobility midline (core) stability or motor control.  If you struggle with this exercise break it down into progressive steps. Work through the steps one by one until the movement is mastered.
<b>Warm up - 10 minutes - As many rounds as possible (AMRAP)</b> 10 air squats 10 KB halos 10 forward crawl 10 reverse crawl 10 down up dogs <u>Halo=</u> (A) Begin with your feet shoulder width apart. Grab the horns (handle) of the kettlebell with two hands so horns face down and bell faces up. Hands on both sides of the handle. Hold it at chest height. Lock out your legs , squeeze butt tight and suck in abs. (B) Move the kettlebell to the right side of your face and slowly circle it around behind your head to the left side until it is back at the start position then	<b>Cool Down - 5 minutes - AMRAP</b> 5 air squats 5 forward crawl 5 reverse crawl 5 down up dogs

continuously alternating directions (L+R=1 rep).