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 it's 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 (VO2 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.

<table>
<thead>
<tr>
<th>Rates of Perceived Exertion Scale - RPE</th>
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<tbody>
<tr>
<td>Scale</td>
</tr>
<tr>
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</tr>
<tr>
<td></td>
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<tr>
<td>RPE 13</td>
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<tr>
<td>RPE 15</td>
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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.

<table>
<thead>
<tr>
<th>Week 1</th>
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<tbody>
<tr>
<td><strong>Session 1</strong></td>
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<td>RPE 11-12 2 min</td>
<td>RPE 11-12 2 min</td>
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<td>RPE 15 1 min/30 sec rest/ 5 times</td>
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<tr>
<td>RPE 15 1 min</td>
<td>Repeat 6 times</td>
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**SpeedCoach SUP Workout Settings**

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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
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**SpeedCoach SUP Workout Settings**

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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
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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 3

#### Session 1

<table>
<thead>
<tr>
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<th>RPE 15 2 min/30 sec rest/2 times</th>
<th>RPE 11-12 1 min</th>
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<tbody>
<tr>
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<tr>
<td>Repeat 5 times</td>
<td>RPE 13 5 min</td>
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#### SpeedCoach SUP Workout Settings

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#### Explanation

11-12 Warm up/recovery pace

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Rest – Stop paddling completely

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### Session 2

<table>
<thead>
<tr>
<th>RPE 11-12 2 min</th>
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### Session 3

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<thead>
<tr>
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<tbody>
<tr>
<td>RPE 13 5 min</td>
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<tr>
<td>RPE 13 5 min</td>
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<td>RPE 15 3 min</td>
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<tr>
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<tr>
<td>RPE 13 3 min</td>
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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 5

#### Session 1
- RPE 11-12 2min
- RPE 18 1min
- RPE 11-12 1min
- RPE 13 4min
- Repeat 5 times

### SpeedCoach SUP Workout Settings

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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
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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 6

## Session 1
- **RPE 11-12** 2 min
- **RPE 18** 1 min
- **RPE 13** 3 min
- **Repeat 8 times**

- **RPE 11** 2 min
- **RPE 15** 2 min/30 sec rest/4 times
- **RPE 13** 3 min
- **Repeat 8 times**

## Session 2
- **RPE 11-12** 2 min
- **RPE 18** 1 min
- **RPE 13** 3 min
- **Repeat 3 times**

## Session 3
- **RPE 11-12** 2 min
- **RPE 15** 3 min
- **Repeat 10 times**

### SpeedCoach SUP Workout Settings

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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
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- **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

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<th>Repeat 7 times</th>
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</thead>
<tbody>
<tr>
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<td>RPE 15 3 min</td>
<td>RPE 11-12 1 min</td>
<td>RPE 13 3 min</td>
<td>Repeat 6 times</td>
</tr>
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#### Session 2

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#### Session 3

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<tbody>
<tr>
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#### SpeedCoach SUP Workout Settings

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</table>

#### 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
## Session 1
- **RPE 11-12** 2 min
- **RPE 18** 1 min
- **RPE 11-12** 1 min
- **RPE 15** 1 min
- **RPE 13** 4 min

## Session 2
- **RPE 11-12** 2 min
- **RPE 15** 4 min
- **RPE 11-12** 1 min
- **RPE 13** 2 min/30 sec rest/3 times
- **RPE 11-12** 1 min
- **RPE 13** 2 min/30 sec rest/2 times

## Session 3
- **RPE 11-12** 2 min
- **RPE 15** 4 min
- **RPE 11-12** 1 min
- Repeat 10 times
- **RPE 13** 4 min

## Session 4
- **Race pace**
- **RPE 13-15** 6mi

### SpeedCoach SUP Workout Settings

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**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.

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

<table>
<thead>
<tr>
<th>Day one</th>
<th>Day two</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single KB front squat</td>
<td>Turkish get up</td>
</tr>
<tr>
<td><a href="http://www.youtube.com/watch?v=QrVgpDOLjgM">http://www.youtube.com/watch?v=QrVgpDOLjgM</a></td>
<td><a href="http://www.youtube.com/watch?v=05XkK3UbRhY">http://www.youtube.com/watch?v=05XkK3UbRhY</a></td>
</tr>
<tr>
<td><strong>REPS</strong> - 6 SETS @ 5 reps</td>
<td><strong>REPS</strong> 3 SETS @ 5 reps (L+R=1) Alternate Left /Right</td>
</tr>
<tr>
<td>Cadence 2 sec down/pause 1 sec 2 sec up</td>
<td>Rest 60 sec between sets</td>
</tr>
<tr>
<td><strong>Rest</strong> 60 sec between sets</td>
<td><strong>Rest</strong> 60 sec between sets</td>
</tr>
</tbody>
</table>

**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.

**Warm up – 10 minutes - As many rounds as possible (AMRAP)**
- 10 air squats
- 10 KB halos
- 10 forward crawl
- 10 reverse crawl
- 10 down up dogs

**Halo**
(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

**Cool Down – 5 minutes – AMRAP**
- 5 air squats
- 5 forward crawl
- 5 reverse crawl
- 5 down up dogs

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