

Worcester Canoe Club Race Training 2011

This year there will be three programs running through the summer of 2011

1. For those training 8+++ times per week typically Divs 1-4
2. For those training 4-6 times per week typically Divs 3-6
3. For those training 2-3 times per week typically Divs 6-9

Program 2 will consist of the same (or very similar) sessions to program 1 on Monday, Tuesday, Friday evenings and Sunday mornings. This will enable groups of similar speed to be formed across people on the two programs. All groups will be working to the same general plan on club night (Wednesday).

Because it is impossible to produce a program tailored to every athletes individual requirements coaches may amend some sessions to individuals or groups requirements but a basic framework will exist of the club training to a common plan. There may sometimes be versions 1 and 1a of program 1 to accommodate some of these variations. Again a basis of common sessions will still exist.

Although the evening sessions will largely all be at the same time those who can get away to paddle earlier / during the day etc. may still do so but may find it best to paddle with a challenging group for a proportion of their sessions. Who is leading which sessions will be shown on the whiteboard.

Hopefully from this we will enable people to paddle with groups where they can be challenged at an appropriate level . **We do not want paddlers to find that they are always one of the fastest in their group or always one of the slowest. As a result we will split groups at different levels on different days. Please try to follow this split to make it work for everyone.** Even our fastest paddlers can be challenged in K1 by K2s and our slower paddlers can team up in K2 to move them up to the top end of a group.

Paddling Groups and Levels - A set of "club" paddling levels based broadly on Hasler rankings but with our knowledge of individuals current fitness levels and ability will be used to set up groups. They will be shown on the white board. This will a flexible system if you are going well you WILL move up! If you are struggling, just back from holiday, nursing an injury etc. you will be best to move down for a while.

Communication of the Programs - Times of sessions and session leaders will be found on the weekly plan which will be on the website and the whiteboard upstairs in the club. The plan for each individual week will also be available to download from the club website and will be stuck to the whiteboard. When a new set of weeks plan is issued it will be emailed to all club members on the circulation list, and a facebook message will be sent on the Clubs facebook group advising those who don't check email very often to check their email for the new program.

Any Comments - As with anything new please allow a little time for the system to get working and feed back any ideas as to how it might be improved.

