



SOCIAL DISTANCING SMALL BOAT WORKOUTS WITH COACH MILES

SOCIAL DISTANCING OC1 - WEEK 1

WORKOUT 1: THEME - Distance

- 5 minute warm up. Take time to find a smooth rhythm at a low stroke rate.
- Main workout: 2x 20 minutes on, with 4 minutes of rest. Keep the stroke rate low, with 70-80% pressure while on. Stroke rate should be between 40-50 strokes per minute, or below race pace.

Note from the coach: Feel free to experiment with technique. This workout is all about efficiency. If possible, set your gps to display distance per stroke, and try to maximize the boat glide in between strokes.

WORKOUT 2: THEME - Race

- 5 minute warm up. Warm up as you would for a race. This should include accelerations to race pace, as well as a minimum of one start.
- 500m race piece with start. Focus on a smooth acceleration without wasting energy. Make sure you find a pace you can hold for 10km+.
- 2 minutes light paddle. Keep the boat moving, no stopping here!

- Without stopping for a start, build quickly into 1km at race pace. Be disciplined! You should be able to find your race pace immediately, and hold it for the entire kilometer.
- 5 minutes light paddle. Do not stop for the first 2 minutes. Only stop if you need water.
- Without stopping, build into 2km at race pace.
- 3 minute light paddle. Keep the boat moving, even if you feel tired at this point. Do not stop for the first minute of rest, and stop only if you need water.
- Build quickly into 500m at race pace, including a 250m finishing sprint.
- Cool down: light paddle to the dock.

Note from the coach: Race pace is about speed, not stroke rate. As always, stroke rate should be a product of hull speed and applied power. Do not use a high stroke rate to get a high hull speed. This is inefficient, and slow over the course of a long race. This workout is designed to take up as much of the allotted 50 minutes as possible, so make sure you follow the distances and times posted.

WORKOUT 3 - THEME - Sprint

- 5 minute warm up. Warm up as you would for a race, with accelerations to race pace, and starts.
- 3x 10 minute sprint pieces. The pieces go as follows:
 - 10x(40 seconds on, 20 seconds rest)
 - 4 minute rest
 - 10x(30 seconds on, 30 seconds rest)
 - 4 minute rest
 - 10x(20 seconds on, 40 seconds rest)
- Cool down: light paddle to the dock.

Note from the coach: These pieces are at maximum effort. You should feel very tired by the end of the first piece. The second piece should also be hard. The last piece should be easier as a result of the shorter sprints, and longer rests. Use it to try and go even faster. Boat speed should be above race pace. Good technique while sprinting is just as important as while at race pace. Focus on good technique first, then allow your stroke rate to increase with the boat speed and power.