



## SOCIAL DISTANCING SMALL BOAT WORKOUTS WITH COACH MILES

### SOCIAL DISTANCING OC1 - EDITION 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.

## **SOCIAL DISTANCING OC1 - EDITION 2**

Hello again paddlers! I hope everyone is staying healthy. I am glad to hear that people have been completing the workouts released so far via solo OC1 sessions or on ergs. Now that the club is closed, there will be two versions of each workout. A 50 minute version will be available for those that may not have as much time available, and in case we return to limited operation in the future. Do the longer versions if and when you can, but I have attempted to make the shorter workouts comparable by increasing intensity or shortening rest times. For those on the erg: many of the technical points below are targeted toward paddling on the water, but most will still apply on the erg. Paddle as you would in the boat, and do not sacrifice good technique just because it will not affect your speed as much.

### **WORKOUT 1: THEME - Distance**

#### **50 Minute:**

- 5 minute warmup. Focus on finding an efficient, long stroke. Allow the boat to run out further in between strokes. Remember to squeeze on power and accelerate the hull all the way through the stroke, then follow with a smooth recovery; the blade moves at the same speed from exiting the water all the way to the catch.
- 1 x 40 minutes at 70-80% effort.

Note from the coach: Don't use heart rate as the indicator here. The reference point should be how hard you feel you have to work. You should feel like you could continue on at this pace for over an hour, but not indefinitely. The technical concept for this workout is simple: travel as fast as possible at a fixed effort level. Set your watch to display distance per stroke if possible, or average and current speed. Try to keep stroke rate relatively constant, and low.

#### **Extended version:**

- 5 minute warmup. Focus on finding an efficient, long stroke. Allow the boat to run out further in between strokes. Remember to squeeze on power and

accelerate the hull all the way through the stroke, then follow with a smooth recovery; the blade moves at the same speed from exiting the water all the way to the catch.

- 3x 20 minutes at 70-80% effort, with 3 minutes of rest in between each piece.

Note from the coach: It will be easy to go harder in the first piece, but resist the temptation. This is designed to be a chance to focus on good technique, and pay attention to how your movements affect the boat. As in the 50 minute version, stroke rate should be relatively low, and you should take time to smooth out the recovery. This means that there should be no hesitation (pauses, decelerations etc.) or accelerations between the time the blade exits the water, and when the blade re-enters the water. Pausing or accelerating can negatively affect the run of the boat, resulting in lost efficiency. Blade entry should be smooth, but quick and without hesitation. We want the paddle fully buried before we apply pressure. Let the blade drop toward the water in the last few inches of the recovery. Listen to the water. If you are accelerating before the blade is buried, there will be a distinct sound of water rushing around your blade. If you are waiting too long to accelerate, the blade will create a large splash forward. Placement should be quiet, and you should be able to apply pressure almost immediately.

## **WORKOUT 2: THEME - Race**

### 50 Minute:

- 5 minute warm up. Warm up should include accelerations, and starts. Warm up as you would for a race.
- 6x500m at race pace or above with no starts, 2 minute rest in between
- Cool down. If you have time, practice a few starts.

Note from the coach: Clarification on “race pace or above”: feel free to go as hard above race pace as you want on these pieces, but I suggest **doing the first one or two at race pace**, as at that point in the practice **you are still not fully warmed up**. Don't injure yourself! Once you are warm though, this is a great workout to push your limits, as the consequences are limited with the short distances. As always, try to observe what changes you can make that give you more speed without increasing your effort. A high stroke rate does not result in sustainable high speed, so do not artificially increase

rate with the intent to go faster. If you increase the hull speed, your rate should come up naturally with it.

Extended version:

- 5 minute warm up. Warm up should include accelerations, and starts. Warm up as you would for a race.
- 10x 500m at race pace or above, 4 minutes of rest in between
- 5-10 minute cooldown (10 minute optimal)

Note from the coach: The rests are longer here compared with the shorter version, but the workout is significantly longer. As with the short version, you may go above race pace, but not during the first two pieces. Again, your body is still warming up. After that, the longer rests should allow you to go much faster. Go out of your comfort zone and see what happens. Worst case, you get tired and find your current limit, and your body adapts. You may find that you can sustain higher speeds than you thought! If you do this workout and feel like it is harder to sustain race pace than it should be, remember that this workout is 5 km at race pace without letting your body settle into a constant power and effort output. The work-load should feel high.

### **WORKOUT 3 - THEME - Sprint**

50 Minute:

- 5 minute warm up. Include accelerations and starts. Warm up as you would for a race.
- 500m at race pace
- 500m light paddle (this is your rest)
- 500m at race pace
- 500m light paddle
- 1 minute rest
- 10x 2 sided starts, 20 second rest. Come to a full stop and prepare for the next start each time. Starts are max effort. 12-15 strokes per side.
- 3 minute rest
- 500m at race pace
- 500m light paddle

- 1 minute rest
- 10x 2 side starts, 10 second rest. You will only have time to hold water hard and reset in between starts. 12-15 strokes per side.
- Cool down: 5-10 minutes light to moderate paddling.

Note from the coach: This is a very short and intense workout. Effort is absolutely maximum during the starts. The first 500m pieces are to help your body finish warming up, and to put a load on before you apply maximum power. The rest pieces are timed to take 5 minutes or less without stopping (except for a quick drink) to prevent your body from cooling down.

### Extended version:

- 5 minute warm up. Include accelerations and starts. Warm up as you would for a race.
- 1000m at 90%
- 500m light paddle (this is your rest)
- 500m at race pace
- 500m light paddle
- 1 minute rest
- 10x 2 sided starts, 20 second rest. Come to a full stop and prepare for the next start each time. Starts are max effort. 12-15 strokes per side.
- 3 minute rest
- 1000m at race pace
- 500m light paddle
- 1 minute rest
- 10x 2 side starts, 10 second rest. You will only have time to hold water hard and reset in between starts. 12-15 strokes per side.
- Cool down: 5-10 minutes light to moderate paddling.

Note from the coach: This workout is essentially the same as the 50 minute version. Sprint workouts should not be long, as to become longer they need to sacrifice intensity. For added challenge I extended the length of the warm up race pieces and the race piece in the middle for those looking for an increased load. Use the added fatigue to assess how well you can maintain a steady race pace mid-race when you get the 1000m piece in between the two start sets.