

C.C.O.C.C.

TRAINING PROGRAM

December

DAY	TIME	PROGRAM
MONDAY	A.M.	
	P.M.	6pm on the water 12 x 5 minuters on 5 minute course – mix of tempo/race pace. Always race start Complete with drills If overflow of paddlers: MEN OC1's
TUESDAY	A.M.	
	P.M.	
WEDNESDAY	A.M.	
	P.M.	6pm otw: Begin with short jog and abs – core work 3 buoys needed, set according to wind/ condition. 1 canoe set 2 buoys, others drills during set-up Mini Races. 1 hour. If overflow of paddlers: WOMEN Oc1's
THURSDAY	A.M.	
	P.M.	
FRIDAY	A.M.	
	P.M.	11/12/09 OC1 Clinic run by Hawaiins \$50ph
SATURDAY	A.M.	6:00 am start otw; Session 1 ½ hours. Mix of long and short efforts. Swim/tipping drills at random Must have 2 x OC6's (min) & all safety gear to go out of harbour. 12/12/09 & 13/12/09 – OC1/2 Nationals – all either racing or helping – no training 12/12/09 SUP Clinic run by Hawaiins \$50ph 18/12/09 plan for video and coaching clinic on technique in morning. Christmas Party at YNOT from midday
	P.M.	
SUNDAY	A.M.	
	P.M.	

NOTE: Christmas sessions to be advised closer to Christmas. Will be endeavouring to achieve paddleback from time to time while weather good – to be advised.