

Masters Women Sprint Squad Training Programme

Day 1 - Strength Training

Day 2 - Power Training

Day 3 - Paddle (11km)

Day 4 - Strength Training

Day 5 - Power Training

Day 6 - Paddle (11km)

Day 7 - Paddle (11 km) Active Recovery?

Note: Don't do any sessions back to back. If you have to then do one session in the morning and one in the evening.

Water Training

33km per week. (11km per paddle) Work thru' the phases of the stroke 1,2,3 emphasising phases; first 1, then 2 and then 1&2.

1. Whole body forward, drop bodyweight onto blade, lifts the waka (less drag) ready for the power in 2
2. Sit up – use your core and your body, don't lean back
3. Exit and set up for 1. Relaxed, paddle pops out of water, release the blade to allow for the glide, Top hand down to bellybutton level brings paddle out of the water at the back of the stroke without effort.

Power Training

This workout is around 50 mins

Do 4 back to back sets to start with and try to increase the number of sets.

Remember: Every effort is explosive power.

If you are stopping before the 15th rep then try dropping the weight.

1 Set:		
Exercise	Reps	Notes
Jump back squats	15 reps	using the TRX handles. Maximum effort for explosive power
Slam Ball Jump Slam	15 reps	(start with a 4kg slam ball) Don't hold your breath!
Slam Ball Side Throws	8 reps each side	2 steps out from wall, throw high and try to catch before the bounce
Slam Ball Squat Throw	15 reps	Explode out of squat and throw the ball as high as you can
Squat Jump Touch	15 reps	Leap up from a squat and try to touch something high above your head
Jump turn Jump turn	15 reps	Jump forwards as far as you can, do a jump turn to turn back, jump back and a jump turn.
Bar Bell Clean Press	15 reps	Feet wider than your shoulders, bar from your knees and punch straight up. Power thru' your hips
**Alternative for BBCleanPress is a Dumbell press	15 reps	2 Dumbells held in a hammer grip, explode up and press above your shoulders.

Strength Training

- Do all the sets of one exercise before moving onto the next one.
- Take a 2 min rest between sets
- Don't stretch after a strength session as it can cause injury.

Exercise	Reps	Sets	Notes
Bench Pull	5	5	
Pull Up	5	5	Aiming for bodyweight or more (Use bands until you can do bodyweight)
Short bar rotation	5	5	
Short bar push down	5	5	
Big bar rotation clean and press	5	5	
Deadlift	5	5	**Alternative is a Leg Press

Supersets = 2 exercises then 2min rest.

Pyramid = 5, 4, 3, 2, 1 (based on 1rep max) 5reps is 80%, add 5% so 4reps is 85%

Constantly test yourself to increase weights. Rest and Recover! Stretch and flexibility!
If you are not a regular gym user. Please use light weight and seek advise on technique first.