



# CANOE SPRINT AND PARACANOE PHYSICAL PREPARATION

FUNDAMENTAL BUILDING BLOCKS FOR ATHLETIC DEVELOPMENT



## Stage 1: <14

Stages 1-3 of physical development are progressive in nature with regards to the physical demand, complexity and future potential to progress. Athletes should be exposed to a wide variety of movements whereby they can explore and problem solve in the context of multi-sport games. FUN should be at the heart of stage 1.

The guide below should provide clear direction and options for stage 1 programming based on agility, balance and coordination principles through simple animal movements. These underpin more advanced muscle movements and are a precursor for stage 2. It is important to note that even when you pass through this stage, these types of movements are great to include within warm ups. They are fun, allow for exploration and can be easily modified.

You can select a column per session which will cover all primary movement skills. Reps and sets can be easily manipulated by the coach through either reps or time.

Click on the links in red for demonstrations of all the exercises for programmes 1-4.

	Programme 1	Programme 2	Programme 3	Programme 4
<a href="#">Double Leg</a>	Duck Pose	Bunny Hops	Horse Walks	Lateral Ape
<a href="#">Single Leg</a>	Spiderman	Duck Walks	Crouching Tiger	Sneaking Ape
<a href="#">Hinge</a>	Crab Walks	Bear Crab Roll	Donkey Kicks	Horse Leaps
<a href="#">Upper Body</a>	Inchworm	Bear Crawl	Chameleon	Lazy Dog
Base Training	Swimming	Cycling	Running	Rowing

# Stage 2: 14-16

Athletes should be introduced to a more structured physical development programme and exposed to movements which provide longer-term foundations for future physical development. Stage 1 content should still be utilised within stage 2 as part of preparation for the movements below, for example within warm ups.

The guide below should provide clear direction and a range of options for programming linked to key lifting movement patterns.

Click on the links in red for demonstrations of all the exercises for programmes 1-5.

Primary Movement Pattern	Programme 1	Rep/Set	Programme 2	Rep/Set	Programme 3	Rep/Set	Programme 4	Rep/Set	Programme 5	Rep/Set
<a href="#">Squat</a>	Isometric squat	45 secs	Box squat	12-20 reps	Goblet squat	8-15 reps	Barbell front squat	8-12 reps	Barbell back squat	8-12 reps
<a href="#">Lunge</a>	Isometric lunge	45 secs/side	Goblet reverse lunge	8-12 reps/side	Barbell split lunge	8-12 reps/side	Rear foot elevated goblet split lunge	8-12 reps/side	N/A	N/A
<a href="#">Press</a>	Press up	8-12 reps	Incline press up	8-12 reps	Weighted press up	8-12 reps	Dumbbell bench press	10-12 reps	Barbell bench press	8-12 reps
<a href="#">Horizontal Pull</a>	Inverted row (bent legs)	8-12 reps	Inverted row (straight legs)	8-12 reps	Inverted row (legs elevated)	8-12 reps	Inverted row (1 leg raised)	8-12 reps	Inverted row (legs bent + load)	8-12 reps
<a href="#">Vertical Pull</a>	Vertical hanging	Build to 30 secs	Eccentric chin-down (wide grip)	3-6 reps	Banded pull-up (wide grip)	8-12 reps	Body weight pull-up (neutral grip)	6-12 reps	Wide grip pull-up with load	8-12 reps
<a href="#">Hinge</a>	Kneeling hip hinge	10-20 reps	Double leg hip bridge	8-12 reps	Single leg hip bridge (back to box)	8-15 reps/side	Loaded hip bridge (single leg)	8-12 reps/side	Barbell RDL	8-12 reps
<a href="#">Trunk</a>	Front plank	30-45 secs	Front plank alternate leg raise	30-45 secs	Side plank	30-45 secs	Dead-bugs	6-12 reps/side	Double leg lower	8-12 reps
<a href="#">Shoulder</a>	External & internal rotations	10-15 reps/side	Swimmers	12-20 reps	Y - T - W	6-10 reps	Frontal * lateral dumbbell raises	15-20 reps	Dumbbell seated overhead press	8-12 reps



## Stage 3: 16+

Based on the same exercise programmes as stage 2, in stage 3 athletes should start to become more deliberate about trying to achieve, progress and/or accumulate training volume and intensity more consistently over time.

This is the key difference between stage 2 and 3.

Athletes and coaches may choose to be more deliberate and targeted by using the above programmes as a framework and selecting which exercises warrant increased time investment. E.g. use of grip variation based on Canoe/Kayak. If selecting programmes 4 or 5 primarily, elements of programmes 1 to 3 could be incorporated as supporting exercises to accommodate potential heavier lifting.

## Improving form

You can find a video resource here with some common faults and corrections within key exercises for stages 2 & 3.

## 1RM Calculator

Use our 1RM calculator to calculate your One-Rep maximum.

This will tell you what your predicted 1RM is for all of your loaded exercises, e.g. dumbbell bench press in programme 4 of stage 2 and stage 3.

You can find our 1RM calculator [here](#).