



## Warming up & down for Canoe Slalom

Warming up before a session is an important habit to develop. Warm ups help you:

- Prepare your body to perform at your best.
- Contribute to reducing the risk of injury.
- Help prepare you mentally for the session ahead.
- Can help reduce race day nerves by focusing on positive controllable actions.
- Provides an opportunity to practice and develop skills and work key muscles, short but regular exposure will add up over time.

Ensure the warm up is carried out in a suitable area or part of the site (plan ahead as at some courses this might not be the top of the course!)

Warming down after a session is also important and can help contribute to recovery and enhance a paddler's ability to continue training effectively and stay injury free.

## Warm up

### READY

- Around 5 mins steady state paddling
- Use a set route or distance.
- Have a key technical point in mind.
- If it's cold, do 5 mins running on the bank before you get on the water (don't get in the boat cold).

### SET

- Around 5 mins of steady state gate work.
- Could be paddling through a flat water gate sequence or 5-10 mins of stroke skills if you don't have access to gates.

### GO

- Around 5 mins of maximum effort short distance sprints.
- No more than 10 seconds at 100% effort.
- Could be a straight line sprint or a short gate sequence.
- Good recovery (1-2min easy paddle) in between each.

## Warm down

### PADDLE

- Around 5-10 mins steady state paddling to gradually bring heart rate down.
- Use a set route or distance.

### REFLECT

- Reflect on your session, what went well?
- What did you enjoy?
- What could you do even better next time?

### REFUEL

- Eat/drink within 20mins of getting off the water.
- Do this having showered or at least washed your hands.