

Senior St Clair Program 2022/2023

Date: 3rd to 9th October

Week 1 Easy

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	General Preparation	General Preparation	General Preparation	General Preparation	General Preparation	General Preparation	General Preparation
Am	AM / Gym for Ski AM / Swim for board and iron	AM / Swim for board and iron	AM / Gym for Ski AM / Swim for board and iron	AM / Swim for board and iron	AM / Gym for Ski AM / Swim for board and iron	Ski –1hr / 8km @70-80 Every 2min do 15 double strokes hard	REST
4.30		4.30pm Running 6 x 120m 40m@90 40m – hold pace 40m @max Walk back recovery		4.30 Running 20min warm up run			
5pm	Ski 10min easy paddling slowly building to 70% 6 x 6min with 2min leads 1min RI Good loosen	Board 10min warm up 5min at 75% 3min at 85% 1min sprint 1min RI X3 Good Loosen	Ski 1hr Technique paddle Good loosen	Board 10min Warm up 10min – 70% Ups and downs from knees to belly 5min – 70% Try to stay up on your knees X2 1min rest between 10&5min 15min Waves, Starts & Loosen if at the beach	Ski 10 x 5min All to be no harder than 70% (Work on Skills like Wash riding, runners etc) Concentrate on good technique and boat run 1min RI between 5min 1 and 10 to be warm up and loosen	REST	REST

Goals for the next 4 weeks

Develop Technique, break-in for board paddlers, prepare for main millage block, stay injury free.

Make sure all gear is sorted for the season