

DRAGONS ABREAST - AUSTRALIAN CAPITAL TERRITORY

TRAINING PROGRAM

Team -	Dragons Abreast Australian Capital Territory (DA ACT) aka 'Tickled Pink'
Profile -	<p>Background - All-women's team ranging in age from 36 - 80 years. Approx 70% of the team are cancer survivors at various stages of fitness.</p> <p>Trainability - Most members have the potential to improve between 10 - 60% on their fitness & strength.</p> <p>Potential - To beat like teams, such as other DA teams or middle aged women's teams.</p> <p>Threats - Lack of motivation amongst members. Poaching by other Canberra teams. Injuries & illness can strike at any time.</p> <p>Strengths - Members commitment to their own fitness. Team / social approach.</p> <p>Resources - DA ACT has 2 boats available a all times, a 20 seater and a 10 seater Buk boat.</p>
Goal -	CNY Darling Harbour 2010. Goal is to beat all other DA teams in DA challenge.

Periodised Plan -

Aug 09	Sep 09	Oct 09	Nov 09	Dec 09	Jan 10	Feb 10
General Preparation			Specific Preparation		Pre Competition	
Basic aerobic training Low intensity Training zones 2 and 3 (see below) Training for lactate threshold Technique development Some speed and strength technique			Specific aerobic training Maintaining aerobic base Training zones 3 and 4 Training for VO2 Max & AnT More technique training		Anaerobic development Speed training Training zones 4, 5 and 6 Race specific training Training for specific seat where paddlers will sit	

Intensity Levels -

Training Zone	Description	Energy System	Energy Source	Duration
1	Easy, recovery, too easy for strong technique	Aerobic	Fats	45 + secs
2	Basic training, easy to talk, warm up	Aerobic	Fats	45 + secs
3	Uncomfortable but sustainable, solid aerobic, anaerobic threshold	Aerobic	Glycogen, krebs cycle	45 + secs
4	Specific, uncomfortable hard aerobic, hard breathing	Aerobic	Glycogen, krebs cycle	45 + secs, but not > 4 mins
5	Race pace, lactate tolerance, anaerobic development, rubber arms	Lactic anaerobic	Glycogen	10 - 45 secs
6	Short sprints, shorter than race distance	ATP-PC	Glycogen	0 - 10 secs