

DRAGONS ABREAST - AUSTRALIAN CAPITAL TERRITORY

Pre Competition Training

Macro Cycle 7 -	Concentrates on race starts and race plans. Three weeks with two collective training session each week. Members will undertake individual strength and hypertrophy training as capabilities allow. Looking for the transition from consciously skilled to unconsciously skilled.
Macro Cycle 8 -	This macro cycle concentrates on speed and speed endurance. Finalise the transition to unconsciously skilled. Three weeks with two collective training sessions per week. Compare timings to week 25 to see if sufficient improvement is being made. Again members will be encouraged to undertake individual training.
Macro Cycle 9 -	This macro cycle will aim to build up anaerobic development. Therefore, increase the number of L5 parts to training, working within the confines of the group fitness levels. Compare timings to week 38. Unconsciously skilled technique. Need to watch for any strain or injuries. Concentration on good warm up & cool down. Three weeks with two collective training sessions per week. Also working with psychological preparation.
Macro Cycle 10 -	In this last macro cycle, the training program will aim to refine the race and paddling techniques used by the paddlers in each area of the boat. Again need to be vigilant of any signs of strain or injuries. Three weeks with two collective training sessions per week to round out this pre competition phase. Working with psychological preparation.

Macro Cycle 7		Macro Cycle 8				Macro Cycle 9			Macro Cycle 10			Taper ??		
34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
Tues	Sat	Tues	Sat	Tues	Sat	Sat	Tues	Sat	Tues	Sat	Tues	Sat	Tues	Sat
5 Jan 10	9 Jan	12 Jan	16 Jan	19 Jan	23 Jan	30 Jan	2 Feb	6 Feb	9 Feb	13 Feb	16 Feb	20 Feb	23 Feb	27 Feb
Using resistance	4 x 2km @ L3	10 x 3 min L3	2 x 2 km @ L3	6 x 2 min L2	6 x 4 min L4	4 x 500m	6 x 2 min L2	4 x 1000m	4 x 2km @ L3	6 x 2 min L2	6 x 250m @ L5	5 x 20 L6	Rest (?) Carb & H20	Race Day (?)
3 x 3 min L2	start each as a race	1 min rest race starts	timed then	2 min L3	2 min rest long warm up on	10 min rest	2 min L3	race plan	start each as a race	2 min L3	1 min rest	2 min rest	load	May be on the
1 min L3	start	each turn	3 x 1000m L4	2 min L4	up on	between	2 min L4	1st & last 250m	start	2 min L4	rest	4 min L2		20th
2 min rest			timed with 2 min	finish	land	to	finish	at L5	long warm up on	2 min rest	long warm up on	2 min rest		
3 x 3 min L3			rest	with 2 x race starts	long stretch	stretch	with 2 x race starts	6 min rest	land	finish	with 2 x race starts	4 min L2		
1 min L4			between	250m	after	muscles	time over	rest	long stretch	with 2 x 250m	long stretch	2 min rest		
2 min rest			each set		on land		250m		after	250m	after	2 x 4 min L2		
									on land		on land	2 min rest		