	KANO SPRINT NL				MICROCYCLE A1 /	12.02.	12.08.		2024
					TRAINING PROGRAM				
KAYAK TEAM NL					GENERAL PERIOD I		ROTTERDAM - NL		
LEGENDA	KAYAK TRAINING					STRENGTH TRAINING			
WEEK	KTe	KEn	KAe	KAn	KM	Wsm ton	Wint ton	Wesp ton	Wind ton
MONDAY									
A.M.	KTe, 12k / 60’				12				
P.M.	KTe, 8k / 50’				8				
	20				20				
TUESDAY									
	KAe,(2’/5’/8’ *2 rest puls 130), 80’				15				
A.M.	(work at the level up 4mml/rest >130 puls)								
P.M.									
	7		8		15				
WEDNESDAY									
	STRENGTH, 60’						60		
A.M.	KAn, (15”/45” * 5) * 4. 60’				8				
P.M.	KEn, 12k / 80’				12				
	10	8	2		20		20		
THURSDAY									
	KEn, 12k / 80’				12				
A.M.									
P.M.	REST								
	2	10			12				
FRIDAY									
	KAe,(2’/5’/8’ *2 rest puls 130), 80’				15				
A.M.	(work at the level up 4mml/rest >130 puls)								
P.M.									
	7		8		15				
SATURDAY									
	STRENGTH, 60’						60		
A.M.	KAn, (15”/45” * 5) * 4. 60’				8				
P.M.	REST								
	6		2		8		20		
SUNDAY									
A.M.	KEn, 10k, 60’				10				
P.M.	REST								
	2	8			10				

	KTe	KEn	KAe	KAn	KM	Wsm	Wint	Wesp	Wind	Rend	Rint	Send	STRECHING min	ERGO min	MIN
TOTAL	54	26	20	0	100	0	40	0	0	16	0	0	225	0	1070
