| | KANO SPRINT NL | | | | | MICROCYCLE A1/A2 | | | | 01.06. | | 01.18. | | | 2025 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| TRAINING PROGRAM | | | | | | | | | | | | | | | |
| KAYAK TEAM NL | | | | | | | | | GENERAL PERIOD I | | | NL | | | |
| LEGENDA | KAYAK TRAINING | | | | | STRENGTH TRAINING | | | | CROSS / CORE TRAIN. | | | | | TIME |
| WEEK | KTe | KEn | KAe | KAn | KM | Wsm ton | Wint ton | Wesp ton | Wind ton | Rend km | Rint min | Send metr | STRECH min | ERGO min | MIN |
| MONDAY 06 | | | | | | | | | | | | | | | |
| | RUN, physical activity | | | | | | | | | 60 | | | | | 60 |
| A.M. | | | | | | | | | | | | | 30 | | 30 |
| P.M. | STRENGTH, 120’ | | | | | 120 | | | | | | | 10 | | 130 |
| | | | | | | | | | | | | | 10 | | 10 |
| | | | | | | 25 | | | | 10 | | | 40 | | 230 |
| TUESDAY 07 | | | | | | | | | | | | | | | |
| | SKI CROSS | | | | | 60 | | | | | | | | | 60 |
| A.M. | | | | | | | | | | | | | | | |
| P.M. | SWIMMING | | | | | | | | | | | 50 | 10 | | 60 |
| | | | | | | | | | | | | | 5 | | 5 |
| | | | | | | | | | | | | 2 | 15 | | 125 |
| WEDNES. 08 | | | | | | | | | | | | | | | |
| | SKI CROSS | | | | | 60 | | | | | | | | | 60 |
| A.M. | | | | | | | | | | | | | | | |
| P.M. | STRENGTH, 120’ | | | | | 120 | | | | | | | 10 | | 130 |
| | | | | | | | | | | | | | 10 | | 10 |
| | | | | | | 30 | | | | | | | 20 | | 200 |
| THURS. 09 | | | | | | | | | | | | | | | |
| | SKI CROSS | | | | | | | | | | | | | | 90 |
| A.M. | | | | | | | | | | | | | | | |
| P.M. | REST | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | 90 |
| FRIDAY. 10 | | | | | | | | | | | | | | | |
| | SKI CROSS | | | | | 60 | | | | | | | | | 60 |
| A.M. | | | | | | | | | | | | | | | |
| P.M. | STRENGTH, 120’ | | | | | 120 | | | | | | | 10 | | 130 |
| | | | | | | | | | | | | | 10 | | 10 |
| | | | | | | 25 | | | | | | | 20 | | 200 |
| SATUR. 11 | | | | | | | | | | | | | | | |
| | RUN, physical activity | | | | | | | | | 60 | | | | | 60 |
| A.M. | | | | | | | | | | | | | 30 | | 30 |
| P.M. | SWIMMING | | | | | | | | | | | 50 | 10 | | 60 |
| | | | | | | | | | | | | | 5 | | 5 |
| | | | | | | | | | | 10 | | 2 | 35 | | 155 |
| SUNDAY. 12 | | | | | | | | | | | | | | | |
| | REST | | | | | | | | | | | | | | |
| A.M. | | | | | | | | | | | | | | | |
| P.M. | REST | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | 0 |
| | KTe | KEn | KAe | KAn | KM | Wsm | Wint | Wesp | Wind | Rend | Rint | Send | STRECHING min | ERGO min | MIN |
| TOTAL | 0 | 0 | 0 | 0 | 0 | 80 | 0 | 0 | 0 | 20 | 0 | 4 | 130 | 0 | 1000 |

| | | |
|---|---|---|
| PERIOD | GENERAL PREPARATION PERIOD II | |
| TEST | | |
| OBS | ZAKOPANE | |

| | | | |
|---|---|---|---|
| K = KAYAK | Wsm = WEIGTS SUB-MAX | Rend = RUN ENDU | |
| KTe = KAYAK TECNIK | Wint = WEIGTS INTENSITE | Rint = RUN INTENS | |
| KEn = KAYAK ENDRANCE | Wesp = WEIGTS ESPECIFIC 1 or 2 | Send = SWIM ENDURANCE | |
| KAe = KAYAK AEROBIC | Wind = WEIGTS INDIVIDUAL | CORE | |
| KAn = KAYAK ANAEROBIC | | GWup = GINASTIK WORM UI | |
| | ERGO | Gstr = GINASTIK S | |
| | | HP H.Coach Z.SZUBSKI | |