	KANO SPRINT NL					MICROCYCLE A1 / A3				02.03.	02.19.			2025
TRAINING PROGRAM														
KAYAK TEAM NL						ESPECIFIC PERIOD I					PORTUGAL			
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	STR/COR min	ERGO min	MIN
MONDAY													10		10
A.M.	KEn, (8k) 12k, 60’				12										70
P.M.	KTe, 8k, 50’				8								10		60
	+ CORE 30’												**30**		30
	12	8			**20**								50		**170**
TUESDAY													10		10
	KAe,(2’/5’/8’ * 3 rest puls 130), 80’				15										90
A.M.	(work at the level up 4mml/rest >130 puls)														
P.M.															
	+ STRECHING									40			20		60
	3		12		**15**					8			30		**160**
WEDNESDAY													10		10
	STRENGTH, 90’						90								90
A.M.	KAn, (15”/45” * 5) * 4 / 60’				12										70
P.M.	KTe, 8k / 50’				8								10		60
	+ CORE 30’												**30**		30
	18			2	**20**		20						50		**260**
THURSDAY													10		10
	KEn, (8k) 12k, 60’				12										70
A.M.	+ STRECHING												20		20
P.M.	REST														
	4	8			**12**								30		**100**
FRIDAY													10		10
	KAe,(2’/5’/8’ * 3 rest puls 130), 80’				15										90
A.M.	(work at the level up 4mml/rest >130 puls)														
P.M.															
	+ STRECHING									40			20		60
	3		12		**15**					8			30		**170**
SATURDAY													10		10
	STRENGTH, 90’						90								90
A.M.	KAn, (15”/45” * 5) * 4. 60’				12										70
P.M.	REST														
	10			2	**12**		20						10		**170**
SUNDAY													10		10
	KEn, 10k, 60’				11										60
A.M.	+ CORE 30’												**30**		30
P.M.	REST														
	3	8			**11**								40		**100**
FEB. 03 - 09	KTe	KEn	KAe	KAn	KM	Wsm	Wint	Wesp	Wind	Rend	Rint	Send	STRECHING min	ERGO min	MIN
TOTAL	53	24	24	4	105	0	40	0	0	16	0	0	240	0	1130

PERIOD					
TEST	BLOOD TEST 02.14 (Friday)				
OBS	ESPECIFIC PERIOD / MEZ.IV				
K = KAYAK		Wsm = WEIGTS SUB-MAX		Rend = RUN ENDUR	
KTe = KAYAK TECNIK		Wint = WEIGTS INTENSITE		Rint = RUN INTENSI	
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 UP	
		ERGO		Gstr = GINASTIK ST	
				HP H.Coach Z.SZUBSKI	