	KANO SPRINT NL					MICROCYCLE C1 / C2				03.03.	03.19.			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
	STRENGTH, 90'					90'									90
A.M.	KAn, (15"/45" * 4) * 5 / 60'				11										
P.M.	KTe, 9k, 50'				9								10		60
	+ CORE 30'												30		30
	18			2	20	25							50		190
TUESDAY													10		10
	KAe,(2'/5'/8' * 4 rest puls 130), 90'				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, (10"/50" * 6) * 5 / 60'				11										
P.M.	KTe, 9k / 50'				9								10		60
	+ STRECHING												30		30
	18			2	20		20						50		190
THURSDAY													10		10
	KEn, (10k) 12k, 60'				13										70
A.M.	+ STRECHING												20		20
P.M.	REST														
	3	10			13								30		100
FRIDAY													10		10
	STRENGTH, 90'														90
A.M.	KAn, (15"/45" * 4) * 5 / 60'				11										
P.M.	KTe, 9k / 50'				9										60
	+ CORE 30'												30		30
	18			2	20								30		190
SATURDAY													10		10
	KAe,(2'/5'/8' * 4 rest puls 130), 90'				15	90'									90
A.M.	(work at the level up 4mml/rest >130 puls)									40					40
P.M.	REST														
	3		12		15	25				8			10		140
SUNDAY													10		10
	KEn, (10k) 12k, 60'				13										60
A.M.	+ STRECHING												30		30
P.M.	REST														
	3	10			13								40		100
FEB. 03 - 09	KTe	KEn	KAe	KAn	KM	Wsm	Wint	Wesp	Wind	Rend	Rint	Send	STRECHING min	ERGO min	MIN
TOTAL	66	20	24	6	116	50	20	0	0	16	0	0	240	0	1070

PERIOD	ESPECIFIC PERIOD / MEZ.IV	
TEST	BLOOD TEST 03.03 and 03.14 (Friday)	
OBS		

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