2025 / 2026.	SPRINT CANOE - KAYAK	MICROCYCLE E1 / E3	12.01.	12.21.	2025

TRAINING PROGRAM

GENERAL PERIOD I

LEGENDA	KAYAK TRAINING					STRENGTH TRAINING				CROSS / CORE TRAI					TIME
WEEK	KTe	KEn	KAe	KAn	KM	Wsm ton	Wint ton	Wesp ton	Wind ton	Rend km	Rint min	Send metr	STRE min	ERGO min	MIN
MONDAY	KAe,12k/70',(5 * 2000) HR 165>/100				12										90
	STRECHING												30		30
A.M.															
P.M.	STRENGTH / ANEX 12.01 - 12.21					25							20		120
	2		10		12	25							50		240
TUESDAY	KAe, 12k,70' (4*250/250) *4,HR165>				12										90
	STRECHING												30		30
A.M.															
P.M.	KTe, 10k				10										60
	STRECHING												30		30
	18		4		22								60		210
WEDNESDAY	KEn,12k/80',(2 * 4000) HR 160>100				12										90
	STRECHING												30		30
A.M.															
P.M.	STRENGTH, CORE					10									60
	RUN									30					30
	4	8			12	10				5			30		210
THURSDAY	REST														
A.M.															
P.M.	REST														
					0										
FRIDAY	KAe,12k/70',(5 * 2000) HR 165>/100				12										90
	STRECHING												30		30
A.M.															
P.M.	STRENGTH / ANEX 12.01 - 12.21					25							20		120
	2		10		12	25							50		240
SATURDAY	KEn,12k/80',(2 * 4000) HR 160>100				12										90
	STRECHING												30		30
A.M.															
P.M.	STRENGTH, CORE					10									60
	RUN									30					30
	4	8			12	10				5			30		210
SUNDAY	REST														
A.M.															
P.M.	REST														
															0
					0										
12.01 - 12.21	KTe	KEn	KAe	KAn	KM	Wsm	Wint	Wesp	Wind	Rend	Rint	Send	STRE CHIN G	ERGO min	MIN
TOTAL	30	16	24		70	70	0	0	0	10	0	0	220	0	1110

PERIOD	GENERAL PERIOD I	
TEST		
OBS;		

OBS	KAYAK OR ERGO (depends on weather conditions).	
K = KAYAK	Wsm = WEIGTS SUB-MAX	Rend = RUN END
KTe = KAYAK TECNIK	Wint = WEIGTS INTENSITE	Rint = RUN INTEI
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
	ERGO	Gstr = GINASTIK
	HP Hcoach Zdzisław Szubski	