

PADDLE STRONGER



Preview

Matty Graham
Sport Scientist and Performance Coach

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Advanced Strength Training for Paddle Sports

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Exponential Performance Coaching

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- You are taking medication that may affect your heart rate

This is an edited preview and contains an insight into different aspects of the Paddle Stronger Package.

Please note page numbers and order of content may not match the actual product layout.



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If you're reading this, you've found the holy grail of paddling specific strength programmes.

Get started and enjoy your new found injury resilience, and boat speed.

RYAN SHANKS

Introduction

Welcome to Paddle Stronger.

When I first sat down to put together Paddle Strong (the predecessor to Paddle Stronger) in 2014 I never thought it would grow in to what it has become today and that so many paddlers from around the world would have benefited from it.

While 2014 was a while ago, if you really want to go back to where it all began I guess you have to go all the way back to 2007 when I was an eager 3rd year sport science student. Earlier that year I decided to work on developing my kayaking throughout the winter to improve this aspect of my performance in multisport races which I was racing competitively in at the time.

As a training goal to get me through the cold Dunedin winter I planned to compete in the National 10km Kayak Championships. Being the nerd that I am and having unlimited access to all of the Sport Science journals in the world, I set up camp in the Otago University library for a couple of weeks researching the best way to improve my kayaking.

What became evident very quickly was that paddling alone was not the best way to improve performance and if I seriously wanted to step up my performance in the boat I was going to need to get into the gym for some strength training. I knew that I could not afford to bulk up as this would hinder my other multisport disciplines (running and cycling) and I knew it had to be time efficient as I still had to train my running and cycling, along with studying and working a part time job as a gym instructor. I finally developed a strength training plan that progressed me through the different training phases in line with my on-water training and saw me peak for the National 10 km Champs in which I managed to win the multisport category.



To be completely honest with you, looking back on it now the training plan was very rough and I knew it at the time so I continually tweaked aspects of it as I came across new research and training methods. Around this time, I also started coaching a lot of athletes and

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I got them into the gym as part of their training as I was able to see that it was not only me that this plan was working for but others were getting great results from it as well.

Over the next 7 years I worked with all kinds of paddlers (marathon, sprint, multisport, white water and ski paddlers) to improve their on water performance through this gym based training system. The only problem I was finding with this training system was that if an athlete did not live in Dunedin, where I lived at the time, it was really hard to get them doing the specific exercises as many were not 'mainstream'.



As the interest in my training system started to grow and after trying to explain and describe the exercises through email, hand drawings, bad photos and over the phone discussions to those athletes who were not based in Dunedin I decided to sit down and create a complete resource that any paddler could use .

I formalised everything, outlining the 'why' behind the training, and organised all of the different training plans together in one place, I constructed a periodised template so athletes could integrate the plan into their on-water training depending on the training phase and I outlined specific testing sessions so athletes could track their performance gains. Most importantly I spent hours in the gym taking photos and writing key technique points so no matter if an athlete lived in Dunedin or Dublin they would know how to do the specific exercises with safe and effective technique. Finally, with all of that work done Paddle Strong was born.

I have received so much positive feedback from paddlers using Paddle Strong and countless requests for an advanced plan that progresses the tried and true system outlined in Paddle Strong. Knowing how much work goes into putting a system like this together I did not jump at the idea of creating another plan, but after hundreds of requests and seeing that there was a real need for it in the paddling community I sucked it up and got on with it.

And here it is; Paddle Stronger.

Paddle Stronger builds on Paddle Strong, incorporating some more advanced training methods, techniques and progressions. I have also attempted to design it to address a lot of

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the questions and topics requests I have received from people about the Paddle Strong plans and how these can be adapted depending on their specific needs.

So here it is.

I hope you find it helpful in your journey towards your paddling goals, no matter what those may be.

Train Smart and Paddle Stronger

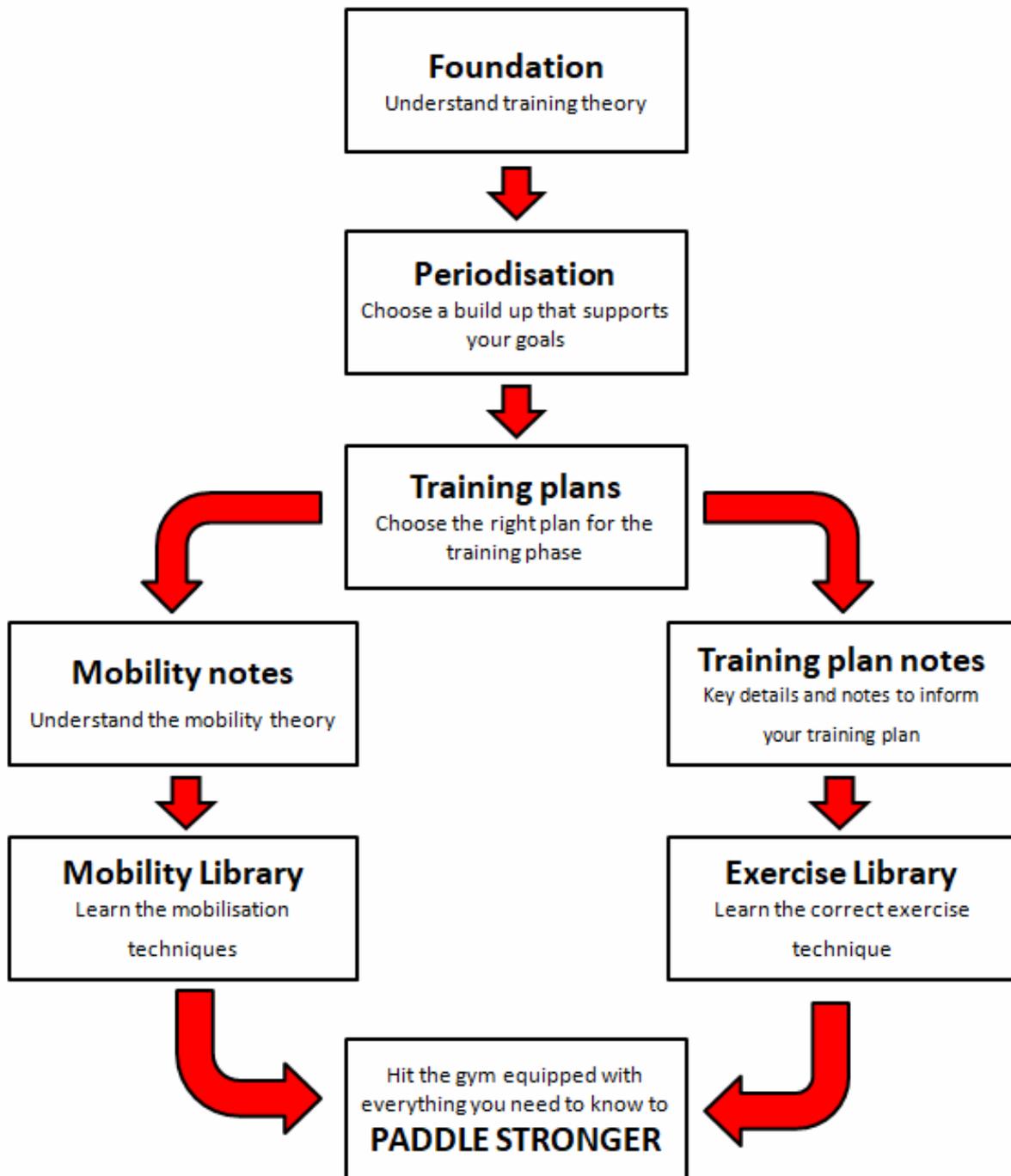
Matty Graham



The Paddle Stronger Process.

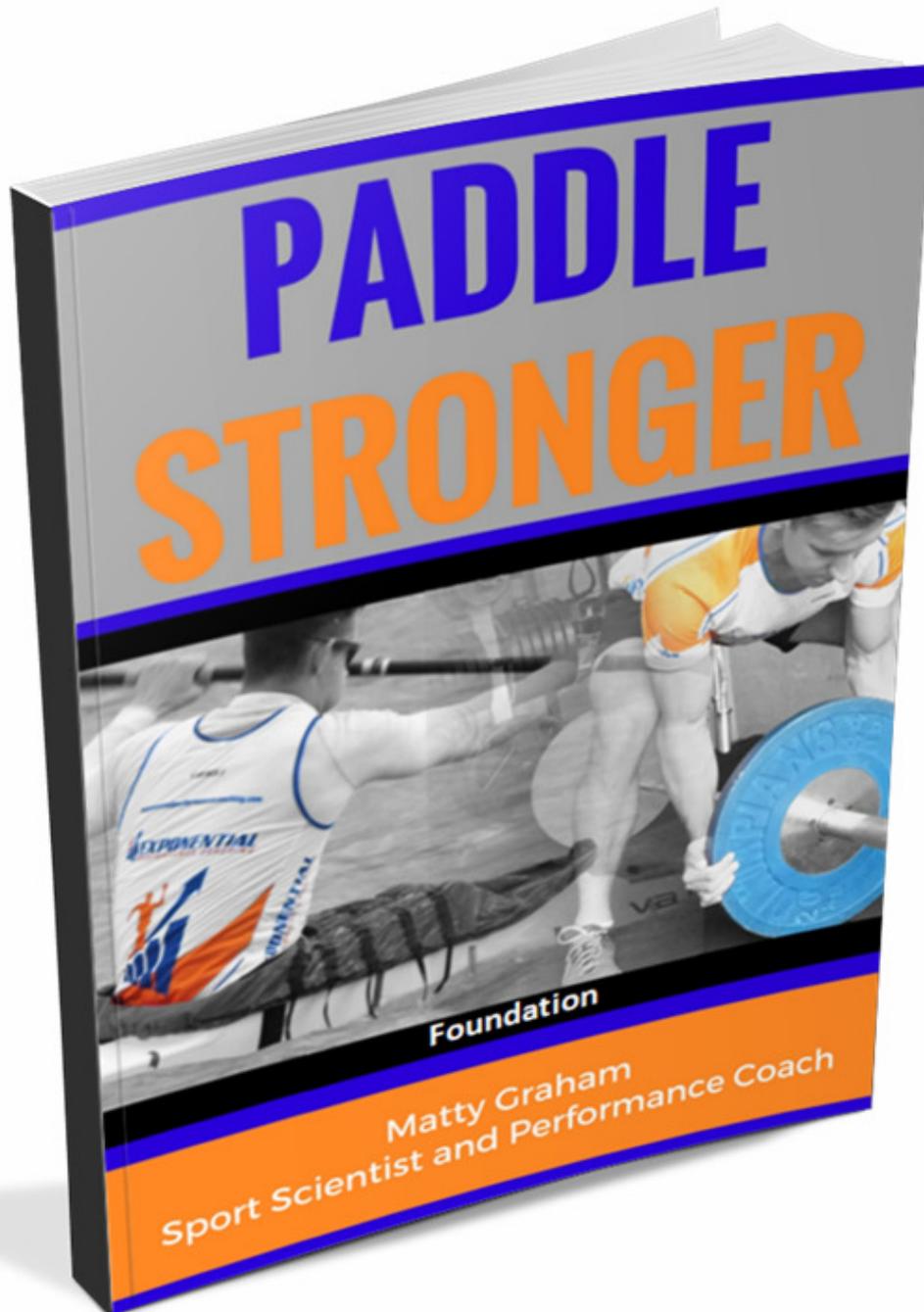
Follow each step to get yourself set up with training plan to suit your needs.

START HERE



Step 1: Understand the training theory

- In the **Foundation Ebook** you will learn the anatomical and physiological principles to help you understand the **WHY** behind your training so you can get the most out of yourself.



Aim

The aim of Paddle Stronger is the same as Paddle Strong: **To help improve your paddling performance.**

It does not matter who you are or what your goals are, you can use this training system to help improve your performance.

Important concepts

No matter if you are a sprint or endurance kayaker, waka-ama or a stand up paddle board paddler, improving your on-water performance is all about going faster. While the absolute speed varies between events at the end of the day going faster on race day is why everyone puts in the hours training on and off the water.

Speed

Speed is a function of distance and time. $v = \frac{d}{t}$, where v is speed or velocity in the physics world, d is distance and t is time. So if you want to cover a set distance, be it 200 m or 20 km, the time taken to do this is directly related to your average speed. To improve your speed, you need to improve the amount of power you produce with each stroke.

Power

Now, power is a function of work and time. $p = \frac{w}{t}$, where p is power, w is work performed and t is the time in which the work was performed. In kayaking this equation can be translated to $p = f * V$ where f is force (how hard you pull on the paddle) and v is velocity (how fast you paddle or your cadence). By increasing either of these factors you can increase power and therefore your boat speed.

Smart strength training can directly improve this power output and also indirectly improve it. But how does it do this? Let's have a look.

Direct Performance Improvements

Direct improvements to your paddling in the gym come via an increase in your muscles ability to generate more force. This force production comes as a result of increases in muscle fibre size, musculotendinous stiffness, and neural activation. Force production (or how hard you pull on the paddle) is a key component as outlined above. While you are not always paddling at your max power, all paddling intensities are a percentage of this max. So the higher your max is the higher any relative percentage will be. Having greater power production capacity also means you can power your boat up faster to catch that wave, make that eddy, or get yourself out of a sticky situation.

Indirect Performance Improvements

On the other hand, indirect performance improvements from strength training come via improved core control, joint stability, and ligament and tendon strength, all of which make a paddler more resilient to injury. When a paddler has a higher injury resilience they are able to train harder on the water and manage a higher training load which will result in an increased performance. As a side note, improved core control can also have a direct impact

on performance through improved transfer of power and maintaining good paddle technique for longer as you start to fatigue.

So with that quick recap behind 'why' strength work will help your paddling performance, lets crack into things.

Where to start

The Paddle Stronger training plans are designed to be progressed from the 'Anatomical Adaptation' phases, on to the 'Strength' phases before tackling the final 'Power' phase.

Below is a short description of these training phase. Full details of this structure can be found in the 'Training Plans' and 'Periodisation Templates' sections, along with how to make adjustments to the plans depending on your needs and the amount of time you have to invest in your build up.

Anatomical Adaptation: This training block is aimed at preparing your muscles and tendons for the higher training loads of the future training phases. Over these training plans the focus is to stimulate muscle and tendon hypertrophy which is when your muscle and tendon fibres increase in size. A larger muscle or tendon fibre has the potential to be stronger so having some increase in fibre size is beneficial. Many endurance paddlers and multisport athletes worry about becoming 'huge' or 'bulking up'. These concerns are unnecessary as the Anatomical Adaptation training phase should coincide with the base endurance phase of your on water training. The aerobic on water training limits the amount of energy available for dramatic increases in muscle mass therefore the endurance athletes will not experience large gains in muscle mass.

Strength: Once you have undergone the Anatomical Adaptation training plans you are ready to develop your strength. The aim of the training plans in this phase is to develop your muscles ability to generate a high amount of force and for your tendons to handle this increased load. If you think back to our power calculation of $p = f * V$ the focus of the strength is to develop the top line of the equation (force).

During your strength phase this training is best coupled with on water strength training to help with the transfer of your 'gym strength' to real world 'boat strength'. This is done through the use of bungees, tow lines and 'over stroking' intervals. Talk with your on-water coach about what type of on water training would suit you best for your training age, stage and experience.

Power: Once you have developed your ability to generate large amounts of force through the strength plans it is time to train your body to produce that force at a fast rate. This type of training targets the bottom line of the power calculation $p = f * V$ working on the velocity or speed at which the movement is performed.

During this training phase the gym based strength training is coupled with on water speed training, working on transferring your gym work in to the boat. Talk with your on-water coach about what type of on water training would suit you best for your training age, stage and experience.

Know what you are after

What signs do you look for that you have had a good training session on the water? You finish in a sweaty mess? You can't lift your arms above your shoulders? You struggle to suck enough oxygen into your lungs? For many paddlers this mentality crossed over into the gym, at a detriment to their strength training.

All of those indicators of a 'good' session on the water are markers that your metabolic and cardiovascular system have been working hard. When it comes to strength training, many paddlers think that these indicators are the same, which is wrong. Many people's introduction to 'gym training' is cross-fit, circuit training or boot camp type training. This type of training contains a lot of metabolic conditioning type training, a blend of general strength and cardiovascular fitness. For people whose only form of exercise in their life is their gym classes, this works well to lose some weight and improve general fitness. However, for paddlers who are wanting to maximise their on water performance this type of training wastes a lot of time, energy and does not give you the optimal stimulus to boost your paddling performance.

Research shows that for endurance athletes to get the best bang for their buck in terms of gym work to boost their real world performance, their strength training should be focused on strength and power development. Not getting into a sweaty puffed mess from metabolic conditioning type training. Don't get me wrong, strength and power training is not easy and you will sweat, but the training adaptations we are after are largely neuromuscular in nature and when done correctly this type of training should not leave you destroyed like a cross-fit WOD, circuit training class or boot camp style training does. Because of this many people do not feel like their training has been effective or that they need to do more.

When you walk out of the gym you should feel like your muscles have been worked but that you can go about your normal daily routine without any issues. If you follow the plans in terms of the intro weeks and load progressions. Along with keeping in mind that you are not trying to smash yourself every time you step into the gym, you should be on track to get the 'right' feeling.

Long story short, keep your conditioning or 'fitness' training out of the gym and do it on the water where it is most specific. Then when you are in the gym focus on developing your strength and power rather than flogging yourself to death with non-specific 'fitness' conditioning. This way you will get the best results for the time you put in. The only time this may not apply is if it is too wet, cold or windy to train on the water then you could get indoors for a metabolic conditioning type session to make up for your missed on water session if needed.

**Find out how to get all of these key benefits and how to integrate this type of training into your programme with the full [Paddle Stronger training package HERE](https://tinyurl.com/psbuynow):
<https://tinyurl.com/psbuynow>**

Endurance vs. Sprint Paddlers

How should the strength training of an endurance and sprint paddler differ?

This is a question I get asked a lot. On the surface it seems that there should be a big difference in how these two types of paddlers should train. But in actual fact there is not much difference between them at all.

Now I would like to take a step back and think about what type of training is going to give each paddler the biggest bang for their buck; or in other words the most return for their on-water performance for the time that they put in in the gym.

As mentioned earlier when it comes to the research on endurance athletes and strength training the data shows that the biggest gains come from time spent training absolute strength and explosive power. i.e. lifting heavy weight for low reps and then moving light - moderate weight fast and explosively. The adaptations that come from this type of training are neuromuscular in nature and because this type of training is not often common place in an endurance paddlers training programme, they respond really well to it. So while it might sound a bit counter intuitive I would advise that if you are an endurance paddler then you would be best to put your time and energy into your Strength and Power phases. This is assuming that you completed the preceding anatomical adaptation phase in the correct sequence to ensure your body can handle the training load.

On the other hand if you are a sprint athlete I would suggest you put your largest focus into your Anatomical Adaption and Strength phases. The reason I recommend this is that a sprint paddlers training already contains (or should contain) a large amount of explosive work on the water. Where they can make good gains in their performance is by building their muscle mass and the strength of that muscle mass so there is more muscle available to power the explosive movements. I still advise that they complete a gym based power phase, but that they would benefit most from getting a solid strength foundation first to build this on.

So can both sprint and endurance paddlers use the Paddle Stronger plans effectively? The answer is absolutely yes. It is just the amount of time and focused effort they put into each phase should change a little. I have outlined various periodisation templates to help you choose the best way to integrate these plans depending on your requirements.

Why would you train lower body for a paddler?

The human body is truly amazing when you really start to dig into it. Did you know, that if you were to train only one of your arms or legs for that matter the other one that you did not do any physical exercise with will also get stronger. What if also told you that doing lower body exercise such as squats will make your upper body stronger. How does this work?

Well you see the human body is an interconnected system of systems. To try and understand and teach others about the human body it often gets broken down into smaller sections so we can wrap our heads around it. For example, exercises are often divided into upper body exercises or lower body exercises or even more refined into specific muscle groups. The body building industry has a lot to answer for around this approach of training

PADDLE STRONGER: Periodisation Templates

but I hope to provide you with some information to help you start to gain an understanding on this topic.

On the surface a squat, even a front squat (which involves more upper body activity), looks like a 'lower body' exercise or an exercise for the 'quads' especially to a person who has not done one before. However, if you load the bar up and perform a few sets yourself you soon realise that your legs are the least of your worries. You see the front squat requires a huge amount of stabilisation through the core/trunk and upper back to keep you from collapsing in half as you squat down.

The same goes for the deadlift. To the untrained eye it looks very much like a 'lower body' exercise, that is again until you actually perform a few sets. The humble deadlift is often referred to as the king of all strength exercises if you want to get STRONG. This is because to get a loaded bar off the ground using a deadlift you have to contract your whole body (not just your legs) as hard as you can.

While I hope you are starting to see some of the logical mechanistic reasons why paddlers need to perform squats and deadlifts, I want to also dig into some of the deeper reasons why they need to be a corner stone in your training plans.

There is a large body of evidence that shows heavy squats and deadlifts stimulates a large response in human growth hormone and testosterone. These just happen to be the two key anabolic hormones the body requires to increase the strength capability of muscles. The large stress of heavy squats and deadlifts stimulates the pituitary gland to release human growth hormone and the testes in men and the ovaries in women to release testosterone (small quantities of testosterone are also produced by the adrenal glands in both sexes). These hormones are then circulated around the WHOLE body in the blood. This is another reason that you can increase your upper body strength with 'lower' body training. It does not work as well the other way around (upper body training improving lower body strength) as the load/ stress that can be achieved even with the 'big' upper body movements such as the bench press and bench pull are less. It is for the above reasons that Paddle Stronger includes these 'lower body' (full body) exercises to boost your paddling performance.

**Find out how to get all of these key benefits and how to integrate this type of training into your programme with the [full Paddle Stronger training package HERE](https://tinycloud.com/psbuynow):
<https://tinycloud.com/psbuynow>**



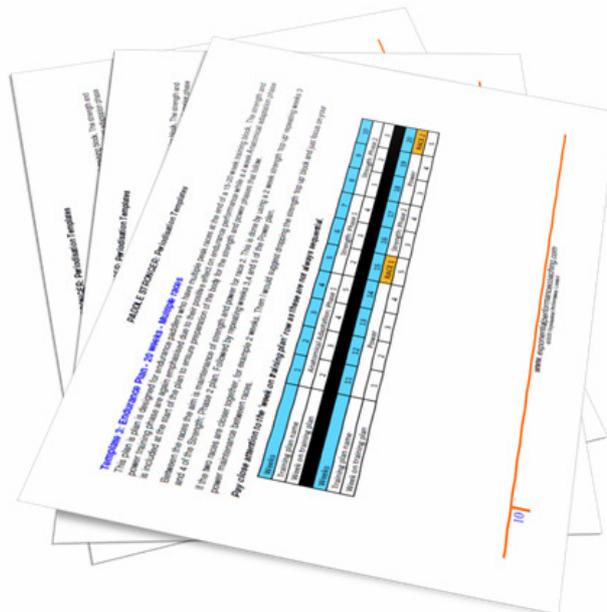
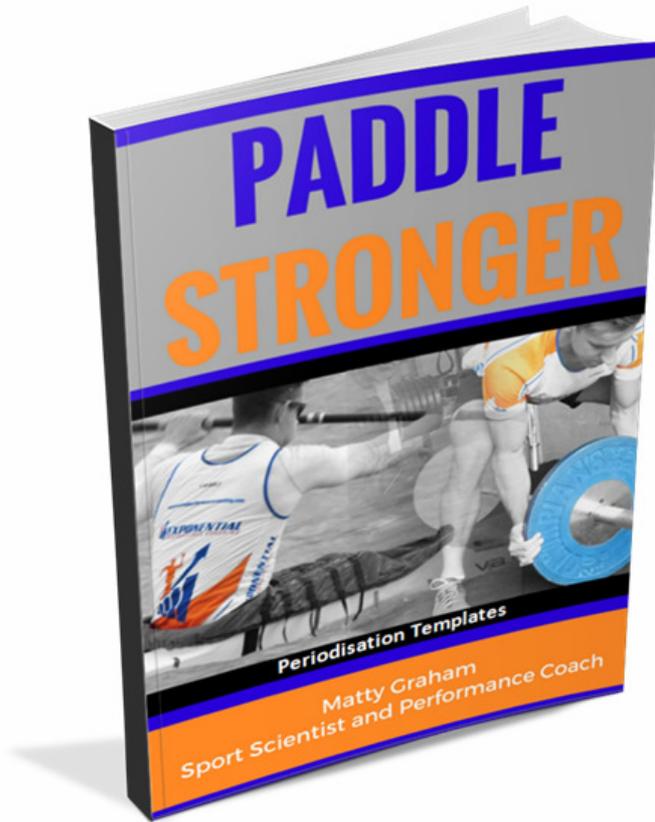
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The Paddle Stronger program has got me really well setup for a great summer of racing, I have a lot more structure to my on water training and the weights sessions are perfect for endurance paddle training.

JONNO ALSOP

Step 2: Choose a build up that suits your goals

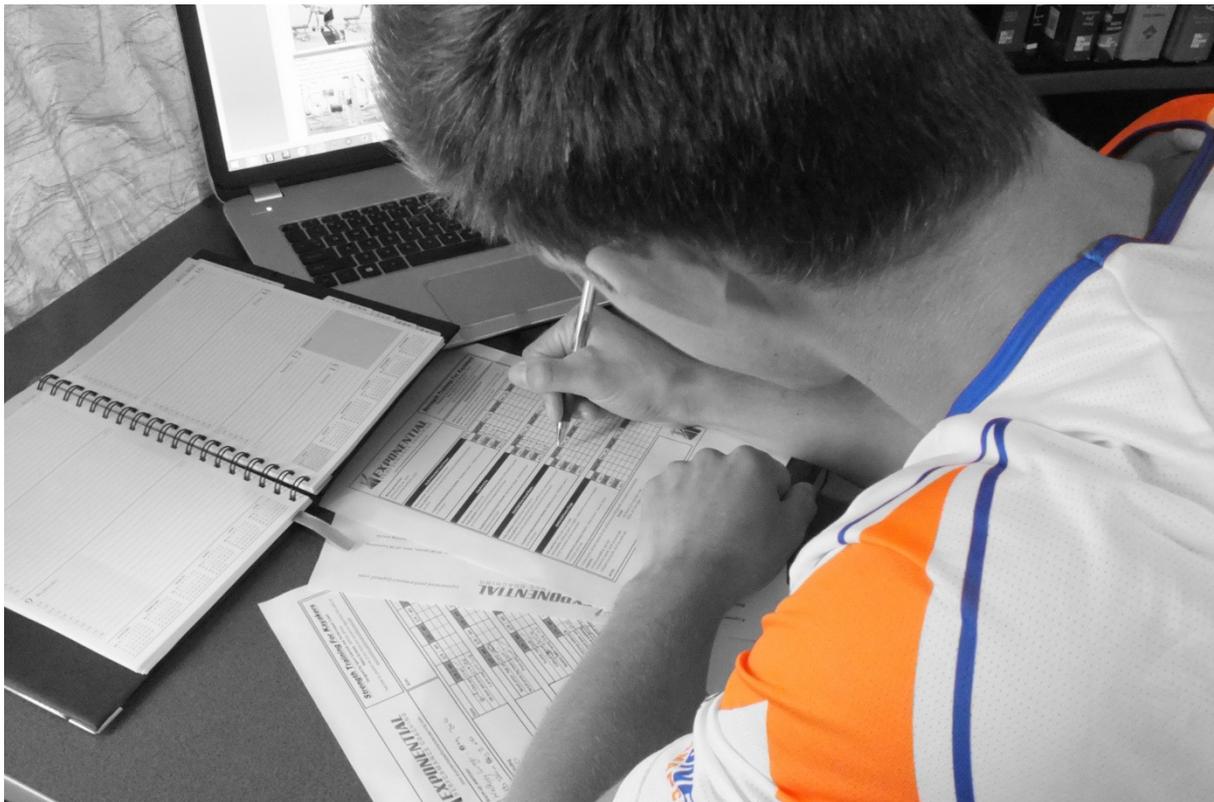
- In the **Periodisation Template Ebook** are 13 different periodisation templates for you to choose from depending on your goal (sprint and endurance racing), length of build up and individual needs. Once you have chosen the template that best suits your needs and time frame you will know how to best plan your strength training build up.



Periodisation Templates

The biggest challenge that paddlers seemed to face with the Paddle Strong plans, was how to best integrate their strength training into their overall training plan and adjust it depending on their racing schedule. In an ideal world you would sit down with a strength and conditioning coach and they would plan your strength training based on your strengths, weakness, time availability, race schedule and on-water training. However, this is not always possible. So what I aim to do in this section is provide some different periodisation templates and the theory behind them so you can adjust your training blocks as best as possible leading into your races.

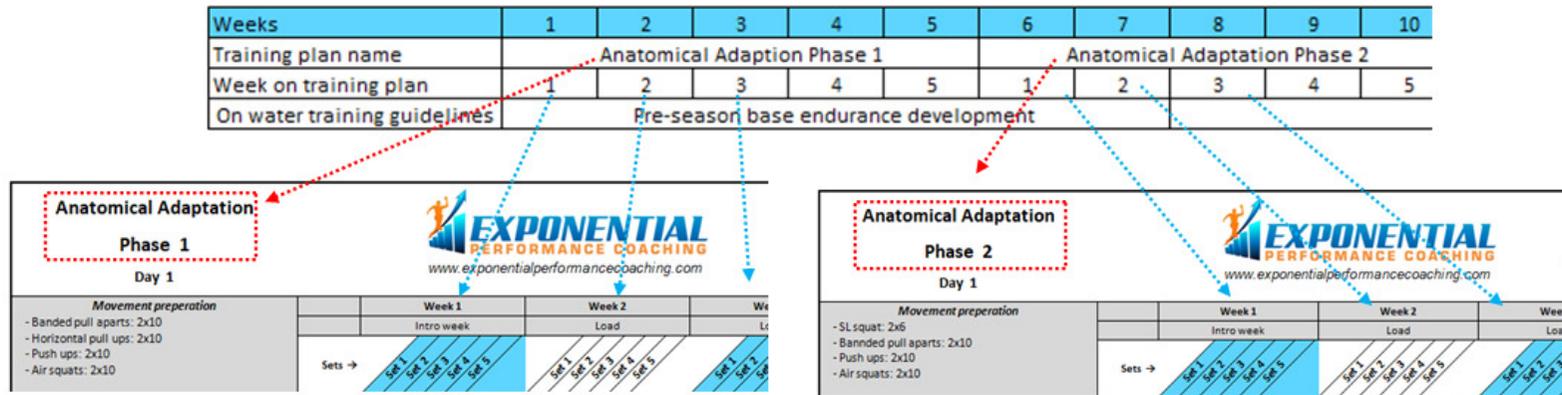
As a rule of thumb always choose the longest plan possible for your given situation. Choosing the short plan each time may give you some short term results. However, over time these results will start to diminish if you do not put some time into your long term development. This season it may be too late to implement a full progressive block of strength training, so you may need to choose one of the scaled down versions. But in the future put some time into planning your training build up so you can maximise your performance with some well planned and implemented strength training.



PADDLE STRONGER: Periodisation Templates

Reading the Periodisation Templates

All of the following templates are structured to guide you through what training plan you should be using at different times. Below is an example of part of a periodisation template (top) and what aspects of the training plans (below) it refers to.



Weeks: This is simply the total accumulative weeks leading into a race.

Training plan name: In the periodised templates it outlines what training plan you should be using at what time of your build up, these will match the names on your training plans. In the example above it outlines using the Anatomical Adaptation Phase 1 plan for weeks 1-5 before transitioning to the Anatomical Adaptation Phase 2 plan in weeks 6-10.

Week on training plan: In the periodised templates where it outlines to 'Week on training plan' it is referring to the weeks of the training plans as indicated above with the blue arrows. These will typically follow a sequential order, however in some of the templates they do not. Some of the lower load intro weeks are omitted while other intro weeks are used in replace of the standard week 5 deload week as a strategy to maximise time in the build up. As always if you feel you need additional recovery time then do not be afraid to take it. Every individual's body responds differently to training depending on a lot of different factors, so make sure you listen to yours.

On water training guidelines: In the master plan some on-water training guidelines are outlined. These are not intended to be an on-water training plan instead this assumes that you have a periodised plan set up for your on-water training and this can help you match your gym training better to what you are doing in the boat. In the shorter condensed plans this has been left out as your on-water training will vary depending on your training phases especially in the shorter 10 week plans.

PADDLE STRONGER: Periodisation Templates

Template 1: The Master Plan - 25 weeks

This 25 week master plan is the ideal/gold standard way to progress through the Paddle Stronger training plans for all paddlers. From early pre-season training through to specific speed and power development. This plan allows progressive overload through the different training phases, with each 5 week training phase building on the next to maximise training adaptations while minimising the risk of injury, muscle soreness, and negative impacts on on-water training.

This should be the first place you start when planning how to integrate Paddle Stronger into your training build up. However, it is not always possible to have a 25 week build up so below are some alternative ways to structure your periodisation depending on your goals, time, needs and training history.

| | | | | | | | | | | | | | |
|------------------------------|---------------------------------------|----|-------------------|--|----|---------------------------------|----|--------------------------------|----|----|-------------------|------|----|
| Weeks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Training plan name | Anatomical Adaptation : Phase 1 | | | | | Anatomical Adaptation : Phase 2 | | | | | Strength: Phase 1 | | |
| Week on training plan | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 |
| On water training guidelines | Pre-season base endurance development | | | | | | | Strength-endurance development | | | | | |
| | | | | | | | | | | | | | |
| Weeks | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | |
| Training plan name | Strength: Phase 1 | | Strength: Phase 2 | | | | | Power | | | | RACE | |
| Week on training plan | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | |
| On water training guidelines | Strength-endurance | | | Speed training with focus on threshold development | | | | | | | | | |

Template 2: Endurance Plan - 20 weeks

This plan scales down the time frame compared to the master plan to a 20 week build up. For endurance paddlers the strength and power training has been shown to provide the biggest impact for on water performance. With this in mind the second Anatomical Adaptation phase has been removed minimising the emphasis on hypertrophy training but still allowing time for the athlete to prepare themselves for the Strength phases by progressing through the Anatomical Adaptation: Phase 1 plan.

PADDLE STRONGER: Periodisation Templates

Template 3: Endurance Plan - 20 weeks - Multiple races

This plan is designed for endurance paddlers who have multiple peak races at the end of a 15-20 week training block. The strength and power training phase are again emphasised due to their positive effect on endurance performance while a 4 week Anatomical Adaptation phase is included at the start of the plan to ensure preparation of the body for the strength and power phases that follow.

Between the races the aim is maintenance of strength and power for race 2. This is done by using a 2 week strength 'top up' repeating weeks 3 and 4 of the Strength: Phase 2 plan. Followed by repeating weeks 3,4 and 5 of the Power plan.

If the two races are closer together, for example 2 weeks. Then I would suggest dropping the strength 'top up' block and just focus on your power maintenance between races.

Template 4: Endurance Plan - 15 weeks

This plan follows the same structure as Template 3 above without the multiple races at the end. The strength and power training phase are again emphasised due to their positive effect on endurance performance while a 4 week Anatomical Adaptation phase is included at the start of the plan to ensure preparation of the body for the strength and power phases that follow.

Template 5: Endurance Plan - 10 weeks - Condensed

This is a condensed plan that is designed for endurance paddlers who have 10 weeks before a major race and want to get the benefits of strength training during this short time. It starts off with a short 2 week Anatomical Adaptation phase (abbreviated below as AA due to space) to allow some preparation of the body before getting into a 4 week Strength and a 4 week Power Block.

Template 6: Endurance Plan - 10 weeks - Strength training history

This 10 week plan is designed for an endurance paddler who has a history of strength training (> 2 year consistent strength training). Because of that history of strength training, the Anatomical Adaptation phase is omitted from the plan as it is assumed that their body is conditioned enough to handle the load of starting straight into the Strength: Phase 1 Plan. As with all of the endurance plans this one emphasises the development of the performance gains obtained from the strength and power training.

Do not attempt this plan if you do not have at least a consistent 2 year strength training history. You will gain better long term benefits from starting with one of the other plans as well as open yourself up to an increased risk of injury.

PADDLE STRONGER: Periodisation Templates

Template 7: Sprint Plan - 20 weeks

This plan scales down the time frame (compared to the master plan) to a 20 week build up. For sprint paddlers the Anatomical Adaptation and Strength training phases are the most important for developing force generation capacity that can be transferred onto the water. While power training is beneficial for sprint paddlers the nature of their on-water training means they get a lot of power/ speed training in the boat. So if you have the time to progress through the Master Plan in Template 1, then including power training is going to be the most beneficial. However, if you are short of time then focus on your Anatomical Adaptation and Strength phases as these are going to give you the biggest bang for your buck, so to speak.

With these points in mind the power phase has been removed from this plan to allow more time for the Anatomical Adaptation and Strength phases to be completed in their entirety to gain maximal benefit from them.

Template 8: Sprint Plan - 20 weeks - Multiple races

This plan is designed for sprint paddlers who have multiple peak races at the end of a 15-20 week training block. The anatomical adaptation and strength training phase are again emphasised due to their positive effect on force generation for sprint performance.

Between the races the aim is maintenance of strength using a 4 week strength 'top up' repeating the Strength: Phase 2 plan.

Template 9: Sprint Plan - 15 weeks - Strength focus

Many sprint paddlers have a good background in gym based training but lack true focused strength training. This 15 week training plan is based on a sprint paddler who already has got some general strength training history and therefore has some anatomical adaptation base but is lacking strength. Having this training history means that they can start straight into phase 2 of the anatomical adaptation plan for a 'top up' before putting in a big strength development focus using the phase 1 and 2 strength plans.

Template 10: Sprint Plan - 15 weeks - Muscle mass development

If a sprint paddler is lacking muscle mass then having a focus on hypertrophy aka muscle growth can be an effective way to improve their performance. This 15 week plan aims to build muscle mass over 10 weeks using phase 1 and 2 of the anatomical adaptation plans followed by a 5 week strength phase leading into the race to try and improve the force generation capacity of the 'new' muscle mass.

PADDLE STRONGER: Periodisation Templates

Template 11: Sprint Plan - 15 weeks - Power development

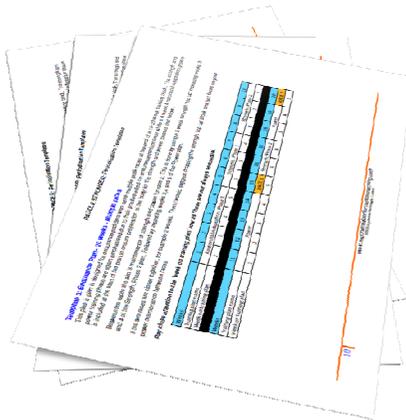
This plan is designed for a paddler who has ample muscle mass but lacks strength and power. A short 2 week Anatomical Adaptation phase (abbreviated below as AA due to space) is followed by condensed strength phases before a gym focused power phase is performed leading into race day. If a sprint paddler is lacking power in the boat then their on-water training should also focus on this development, not just their gym training.

Template 12: Sprint Plan - 10 weeks - Condensed

This is a condensed plan that is designed for sprint paddlers who have 10 weeks before a major race and want to get the benefits of strength training during this short time. It starts off with a short 3 week Anatomical Adaptation phase (abbreviated below as AA due to space) to allow some preparation of the body before getting into a 7 week Strength phase split between the phase 1 and 2 plans. This puts the emphasis on maximising strength development during this time period to maximise force generation capacity with the assumption that there will be significant speed/power training happening on-water which will allow the transfer of strength.

Template 13: Sprint Plan - 10 weeks - Strength training history

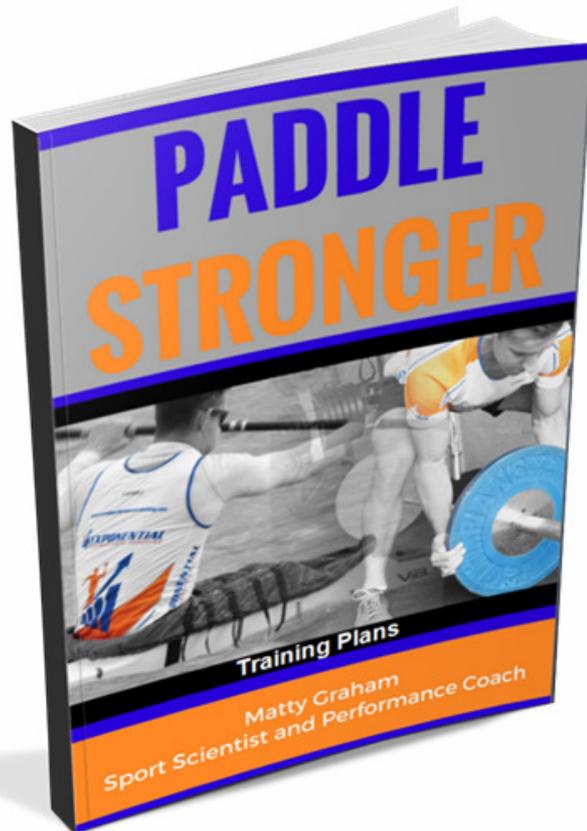
This 10 week plan is designed for a sprint paddler who has a history of strength training (> 2 year consistent strength training). Because of that history of strength training the Anatomical Adaption phase is omitted from the plan as it is assumed that their body is conditioned enough to handle the load of starting straight into the Strength: Phase 1 plan and that their performance is not limited by lack of muscle mass (see Template 10). This plan focus heavily on the strength development with an addition of a short power phase. Those athletes with a long training history often benefit significantly from power training. If you have additional time before your race then time spent in the power phase would be beneficial.



Get full access to all **13 Paddle Stronger periodisation templates HERE: <https://tinyurl.com/psbuynow>**

Step 3: Choose the right training plan for the training phase

- In the **Training Plan Ebook** there are 10 comprehensive strength training plans that provide step by step instructions totaling 25 weeks of structured strength training progressing through the different training phases.



Training Plans

In this section you will find 10 different strength training plans that are designed for you to use at the different stages of your training build up. Have a read of the details below then using your chosen periodisation template select the training plans that you require for your first training phase. For each training phase there are two plans, Day 1 and Day 2. These are to be used once per week each when training twice per week to make up the two training sessions for the week. See the notes outlined in the Training Notes section if you are training more than twice per week.

Training plan aims

Each of the training plans are designed to load your body in specific ways to get the desired training adaptations during the different phases of training. Below is an outline of the different training plans and their aims.

Anatomical Adaptation: This training block is aimed at preparing your muscles and tendons for the higher training loads of the future training phases. Over these training plans the focus is to stimulate muscle and tendon hypertrophy which is when your muscle and tendon fibres increase in size. A larger muscle or tendon fibre has the potential to be stronger so having some increase in fibre size is beneficial. Many endurance paddlers and multisport athletes worry about becoming 'huge' or 'bulking up'. These concerns are unnecessary as the Anatomical Adaptation training phase should coincide with the base endurance phase of your on water training. The aerobic on water training limits the amount of energy available for dramatic increases in muscle mass therefore the endurance athletes will not experience large gains in muscle mass.

Strength: Once you have undergone the Anatomical Adaptation training plans you are ready to develop your strength. The aim of the training plans in this phase is to develop your muscles ability to generate a high amount of force and for your tendons to handle this increased load. If you think back to our power calculation of $p = f * V$ the focus of the strength is to develop the top line of the equation (force).

During your strength phase this training is best coupled with on water strength training to help with the transfer of your 'gym strength' to real world 'boat strength'. This is done through the use of bungees, tow lines and 'over stroking' intervals. Talk with your on-water coach about what type of on water training would suit you best for your training age, stage and experience.

Power: Once you have developed your ability to generate large amounts of force through the strength plans it is time to train your body to produce that force at a fast rate. This type of training targets the bottom line of the power calculation $p = f * V$ working on the velocity or speed at which the movement is performed.

During this training phase the gym based strength training is coupled with on water speed training, working on transferring your gym work in to the boat. Talk with your on-water coach about what type of on water training would suit you best for your training age, stage and experience.

PADDLE STRONGER: Training Plans

Training plan structure

Each of the Paddle Stronger training plans are structured so you do a three-four exercise super set.

The three to four exercises that are numbers together (i.e. **1A,1B,1C**) are to be done in a super set where you move between each exercise completing 1 set on each before repeating.

For example for the first superset in the Anatomical Adaptation Phase 1 Day 1 plan below **1A**: Front Squat, **1B**: Pull ups **1C**: Glute Bridge. You should first perform 10 front squats, then 4 pull ups and finally 6 Glute bridges before repeating this sequence a second time. Then you would move on to the next superset. If you need to take some recovery time then take it at the end of the set. i.e. in this case after completing **1C**: Glute bridges.

This structure is effective as it minimises rest time which maximises your time spent in the gym. The movement prep exercises are also performed in this manner.

Abbreviations

Throughout the training plans abbreviations are used in the interest of space. Below you can see an outline of these abbreviations.

| | |
|--------------|--|
| AMRAP | As Many Reps As Possible - i.e.do as many as you can |
| BB | Barbell |
| DB | Dumbbell |
| KB | Kettle Bell |
| MB | Medicine Ball |
| SA | Single Arm |
| SB | Swiss Ball |
| SL | Single Leg |

How to find the right weight

Finding the right weight to use for each exercise can be tricky but it is something that will become second nature once you get use to the different exercises. Use your sessions during the intro week to experiment with different weights to get an idea of how much you can lift in each exercise for the given reps.

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In the Strength Phase 2 plans there are no guidelines on increasing the weight at a specific time. Over this training phase gradually increase your weight as you feel working towards

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In your deload weeks decrease the weight for each exercise to give your body a chance to recover. Deload week sessions are all about keeping your body moving and firing without fatiguing it. The weight should feel light - moderate during these sessions.



Get full access to all of the 10 comprehensive training plans

[HERE as part of the Paddle Stronger training package:](https://tinyurl.com/psbuynow)

<https://tinyurl.com/psbuynow>



“

I am the type of athlete that if I don't understand how things work I won't take it seriously.

Matty has been amazing, the way he explains how things work and why is great.

DUNCAN BOYD

PADDLE STRONGER: Training Plans

Tips on reading your training plans

Training plan name and phase. These relate back to the periodisation templates.

Anatomical Adaptation

Phase 1

Day 1



Paddle Stronger

Designed by Sport Scientist and Strength and Conditioning Coach
Matty Graham, MPhEd, BPhEd

Plan weeks and load outline. These relate back to the periodisation templates.

Training plan day.

| | Week 1 | | Week 2 | | Week 3 | | Week 4 | | Week 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------|-------|--------|-------|--------|-------|--------|-------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----------|----|----|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | Intro week | | Load | | Load | | Load | | DELOAD | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sets → | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | | | | | | | | | | | | | | | | | | | |
| Movement preparation - Banded pull aparts: 2x10 - Horizontal pull ups: 2x10 - Push ups: 2x10 - Body weight squats: 2x10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1A: Front Squat | 10 | 10 | | | | 8 | 8 | 8 | | | 10 | 10 | 10 | | | | 8 | 8 | 8 | ↑ weight | 10 | 10 | | | | | | | | | | | | | | | | | |
| 1B: Pull ups | 4 | 3 | | | | 4 | 3 | 2 | | | 4 | 3 | 3 | | | | 4 | 4 | 3 | | | 4 | 4 | | | | | | | | | | | | | | | | |
| 1C: Glute bridge | 6 | 6 | | | | 6 | 6 | 6 | | | 6 | 6 | 6 | | | | 6 | 6 | 6 | | | 6 | 6 | | | | | | | | | | | | | | | | |
| 2A: DB bench press | 10 | 10 | | | | 8 | 8 | 8 | | | 10 | 10 | 10 | | | | 8 | 8 | 8 | | | 8 | 8 | | | | | | | | | | | | | | | | |
| 2B: Romanian deadlift | 10 | 10 | | | | 8 | 8 | 8 | | | 10 | 10 | 10 | | | | 8 | 8 | 8 | ↑ weight | | 8 | 8 | | | | | | | | | | | | | | | | |
| 2C: Cable woodchops - High → Low | 10 | 10 | | | | 8 | 8 | 8 | | | 10 | 10 | 10 | | | | 8 | 8 | 8 | | | 8 | 8 | | | | | | | | | | | | | | | | |
| 3A: BB bent over row | 10 | 10 | | | | 8 | 8 | 8 | | | 10 | 10 | 10 | | | | 8 | 8 | 8 | | | 8 | 8 | | | | | | | | | | | | | | | | |
| 3B: Overhead BB press | 10 | 10 | | | | 8 | 8 | 8 | | | 10 | 10 | 10 | | | | 8 | 8 | 8 | ↑ weight | | 8 | 8 | | | | | | | | | | | | | | | | |
| 3C: SB back extensions | 10 | 10 | | | | 8 | 8 | 8 | | | 10 | 10 | 10 | | | | 12 | 12 | 12 | | | 8 | 8 | | | | | | | | | | | | | | | | |
| Following week, come on your mobility. Choose two from the mobility section. A little goes a long way. | 1) | | | | | 1) | | | | | 1) | | | | | 1) | | | | | 1) | | | | | | | | | | | | | | | | | | |
| | 2) | | | | | 2) | | | | | 2) | | | | | 2) | | | | | 2) | | | | | | | | | | | | | | | | | | |
| Notes: Use this space to record any specific session notes → | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Exercises to be performed in the session.

Sets and repetitions to be performed. In this case 2 sets of 10 reps.

Space to record your weight lifted or you can also use the space to the side of the sets and reps as you progress your weight.

Area for you to record any specific notes you have about the session such as how you felt or things to remember next time.

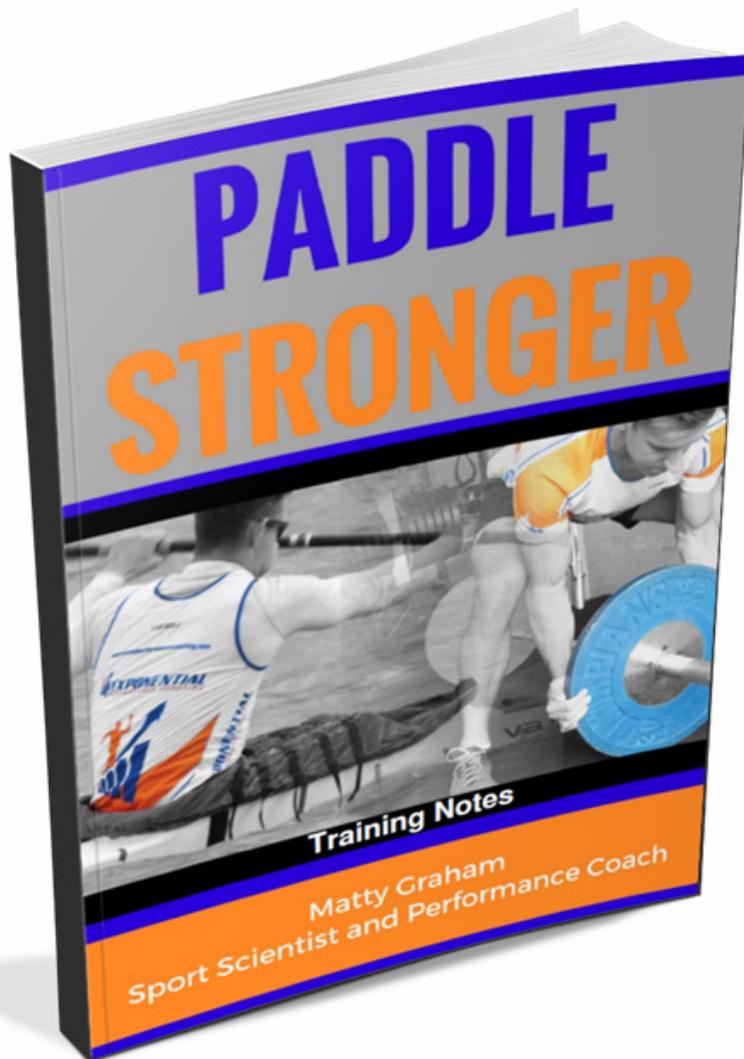
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Step 4: Refine the plan to match your needs

- Now that you know what training plan to do at the correct time use the **Training Notes Ebook** to learn the details around exercise tempo, how to integrate your gym training into your on water training programme, how to reduce the chance of injuries, what to do if you are short of time and set up your weekly training structure.



Training Notes

These training notes are aimed at providing in-depth detail behind some of the training methods used in the Paddle Stronger training plans as well and helping you with the integration of these plans into your overall training programme. Read through them carefully so you develop a greater understanding of your training programme and what you are trying to achieve.

Remember, it is not just WHAT you do in the gym that is important. HOW you do what you do that makes the most difference.

The power of tempo

The tempo or how fast you lift and lower the weight has a big impact on your training outcomes. This is because your tempo alters the time your muscle fibres are under tension. By adjusting the tempo of your lifts you can maximise your training adaptations in your different training phases.

When you perform an exercise the muscle moves through three different phases of movement. These phases are the eccentric, concentric and isometric phases. Now without getting to specific, why is it important to know and understand these terms? Well by knowing these terms and emphasising different phases of the movement you can optimise the training adaptations you are wanting.

The eccentric phase of a movement is when a muscle is loaded while it is lengthening. An easy example of this is that of a bicep curl. As you lower a weight down the bicep muscle is being loaded eccentrically. On the other hand when you curl that same weight back up to the top the muscle is being loaded while it is shortening which is called concentric loading. Now at the midpoint of the movement there is a point where the weight completely stops. This is when the weight reaches the bottom of the curl and you have to stop it before you lift it back up. At this point the muscle is under load but there is no movement. This is called an isometric contraction.

Throughout the Paddle Stronger training plans the emphasis on lifting tempo varies to elicit the desired training adaptations for the specific training phases. For example 3 second lowers are used for a number of exercises to emphasise the eccentric phase of the movement which has been shown to improve muscle and tendon hypertrophy and strength.

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If there is no specific notes around timing for an exercise aim for 2:0:1 tempo. This means 2 second on the eccentric phase, 0 second pause and 1 second on the concentric phase. In the example of a squat this would be a 2 second lower, no pause at the bottom and 1 second to return to the top. With the aim being to make the moment smooth throughout the action.

Integration of gym training into your training programme

This can be quite a difficult thing to manage for some paddlers. But with a bit of knowhow, you can easily integrate gym training into your on-water training programme for maximal performance improvements.

Short of time?

A common comment from paddlers is that something crops up during the day and rather than their planned 1 hour gym session they now only have 30 min. Is it worth going to the gym for 30 min? 100% YES. Getting into the gym and doing something is much better than thinking; 'I only have 30 minutes I will skip the gym today because I do not have enough time.'

If you are short of time then start chopping exercises off the bottom of the training plans. The first 2 super sets are the key parts of the sessions that are going to deliver the biggest bang for your buck. So if you can only complete those, then you are going to go a long way to getting some good gains despite being short of time.

Additional to this, exercises 1A, 1B and 2A are key corner stone exercises in each plan. If you were to just do the movement preparation and 1A, 1B and 2A you would have gone a long way to completing a good session.

This works not only if you are short of time but also if you are struggling to physically finish the full plan due to your current fitness level or fatigue. Hopefully it is obvious to you that you cannot take these short cuts all of the time and still get maximal results. But every once in a while if you need to cut a session short you now know how to best do it.

Delayed onset muscle soreness

Delayed onset muscle soreness aka DOMS is the muscle soreness or stiffness that you are likely familiar with. It typically occurs ~ 24 - 48 hours after hard training. This soreness is due to the inflammatory process required for the adaptation and healing of micro damage (small tears) in your muscle fibres from training. This DOMS can negatively impact your on water training the following day if the session aims are technique or high intensity training.

PADDLE STRONGER: Training Notes

This negative effect can be easily avoided with some careful planning. Below are three ways you can structure your training to avoid any negative side effects from DOMS.

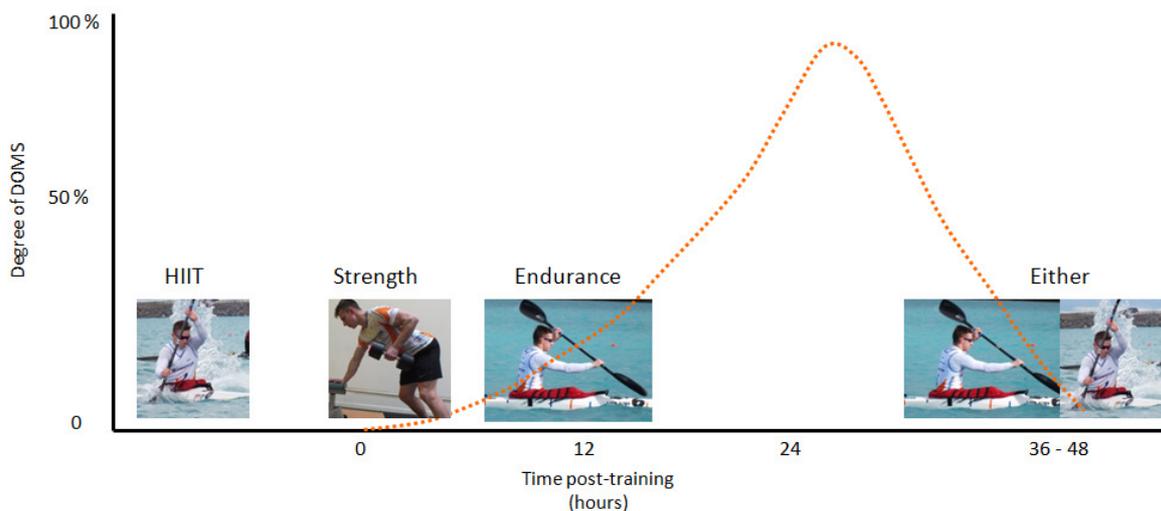
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The diagram below is an example of how to structure your strength and on water training to avoid any negative effects of delayed onset muscle soreness. **Please note: This is not intended to represent a typical day of training instead an option of how to structure different types of sessions around a typical DOMS profile.**



Times when DOMS is going to be the most severe

- If you are new to strength training. Be aware that if you are new to strength training you may experience DOMs that last longer than 48 hours if you do a really big or hard strength training session. If you are consistent with your strength training, as you progress the magnitude of your DOMS will greatly decrease.

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Dealing with DOMS

So you have DOMS, what should you do?

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What I suggest you do when you get DOMS is to firstly aim to have already planned around it so it does not impact your training as outlined above. Secondly, listen to your body and let it run its natural course over the next 24-48 hours. If after 48 hours you still have some DOMS hanging around then you can start to take some proactive measures to help move it on its way in the form of foam rolling, massage, compression, stretching and light activity.

Weekly training structure

It is recommended that you train in the gym two times per week as a minimum effective training load. Any less than this is not going to be enough to improve your performance. The

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note these are just examples and can be varied depending on your schedule as long as you stick to the general rule of not training in the gym two days in a row.

PADDLE STRONGER: Training Notes

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|---|---------|-----------|----------|--------|----------|--------|
| Example 1 | Day 1 | | Day 2 | | | | |
| Example 2 | <p><i>To get your full view and maximise your paddling</i></p> <p><i>Get your full copy of</i></p> <p><u>Paddle Stronger now HERE: https://tinyurl.com/psbuynow</u></p> | | | | | | |
| Example 3 | | | | | | | |
| Example 4 | | | | | | | |
| Example 5 | | | | | | | |
| | | | | | | | |

You may note the weekends typically do not have strength sessions planned as this is often when paddlers do their longer on-water sessions and the shorter gym sessions often fit well into the 'working week' better. This is not to say that you should not strength train on the weekends. If it works well for you to train in the gym on the weekend then go for it.

Training more than twice per week

So you want to train more than the two outlined gym sessions per week. Go for it. If you have

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| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--------|---------|-----------|----------|--------------|----------|--------|
| Week 1 | Day 1 | | Day 2 | | Day 1 repeat | | |
| Week 2 | Day 2 | | Day 1 | | Day 2 repeat | | |

Training 4 times per week

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Injuries

Injuries are part and parcel of sport. Luckily in most paddle sports and strength training the injury risk is relatively minor and the injuries tend to be relatively small and overuse related. Apart from shoulder dislocations in white water/ surf paddling and blunt force trauma injuries due to a gym accident.

It is important that an athlete gets to know the difference between an 'exercise/ training pain' and an 'injury pain'. There is no two ways about it. If you are wanting to push your limits and get continued performance improvements in the boat and gym, it hurts to some degree. But it should not be an injury pain. It is important to know the difference between the aching and burning of hard working muscles compared to the stabbing, tearing or pinching that signifies an injury and serious damage.

What should you do if you feel an injury type pain?

- Stop whatever is making it hurt immediately.
- Try adjusting your grip, stance or posture and see if that helps alleviate the pain, if pain persists then stop completely.
- Give yourself a couple of days rest to see if it comes right, if it does not then seek help from a medical professional (doctor or physiotherapist)

How to decrease the risk of injury

As you start to push your body harder, it will start 'pushing back' against you harder and you need to start taking some extra care of yourself. There are a number of things you can do to help reduce the risk of overuse injuries.

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- **Sleep more.** Sleep is not something that athletes often actively think about as a performance enhancing strategy or something that they put much focus on. There is a

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Dealing with injury

Even if you do all of the right things to decrease your risk of injury, injuries and niggles can still happen. How athletes deal with these setbacks often separate those who are able to make a quick return to competition verses those who have ongoing niggles and issues.

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Also depending on the location of your injury there is usually some sort of training you can do with some minor adjustments. So do not let an injury be an excuse or a dark pit of despair that you throw your goals into. Instead, review, revise and adjust your training to make the most of your given situation and take this opportunity you have been given and run with it.



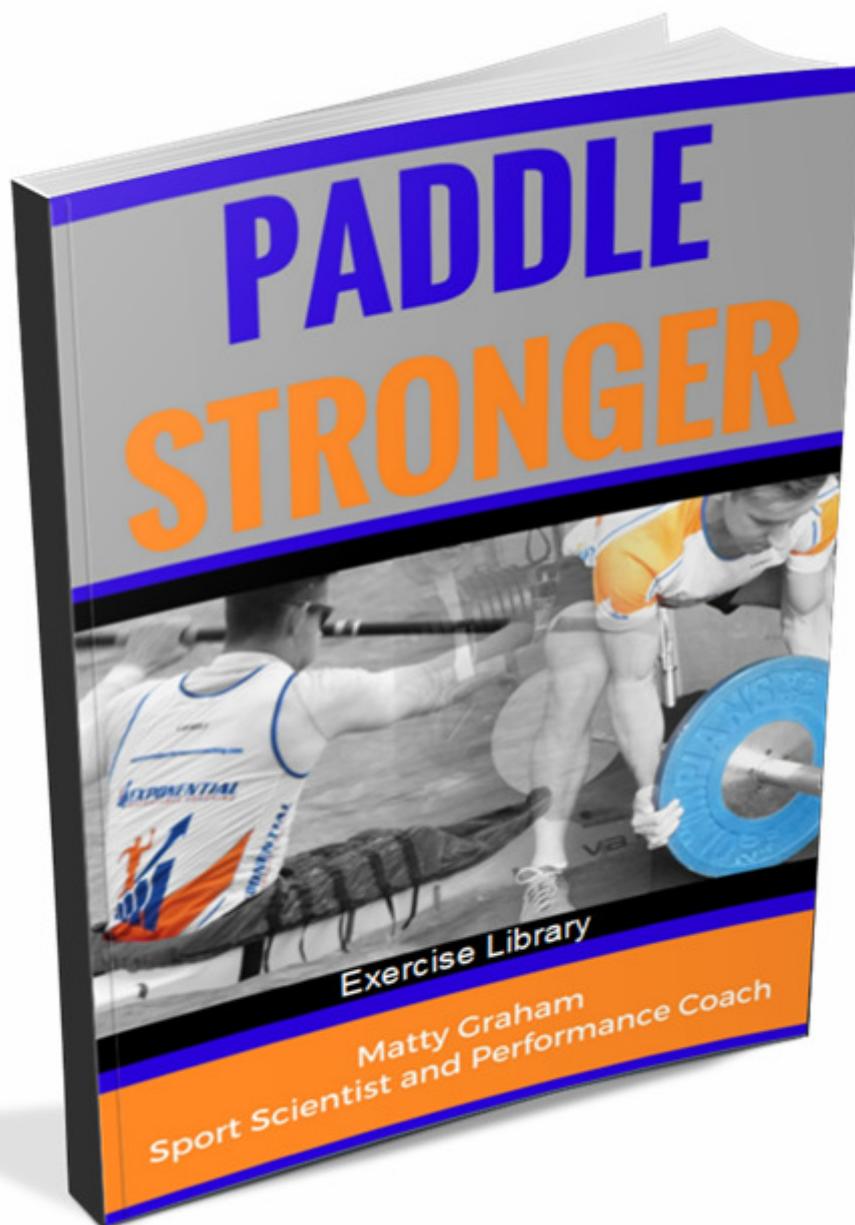
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I have set up a kayak training station in my garage, and the techniques that Paddle Stronger has taught me have improved my kayaking exponentially.

NIGEL LINES

Step 5: Learn the correct exercise technique

- In the **Exercise Library Ebook** you will learn the correct exercise technique which is critical for safe and effective strength training. With over 150 photos and clear technique cues, this exercise library outlines the exact exercises you need to perform in all of the training Paddle Stronger plans



Exercise Library



The library that follows outlines all of the exercises used in the training plans provided in Paddle Stronger. This is not an exhaustive list of strength exercises. Instead these are the exercises that I have found work well for paddle sport athletes. Likewise the key focus points are designed to provide easy to understand cues that can be matched with the photos to allow you to perform the exercises with good technique. Additional coaching one on one with a strength and conditioning coach or personal trainer may be required for refinement and understanding of the movements.

Bat Wings

Focus points:

- Lay face down on an incline bench. If you do not have an incline bench you could also use a flat bench similar to a bench pull or if you have no bench you could stand in a bent over row position.
- Holding Kettle Bells or Dumbbells slowly pull the weight up focusing on squeezing your shoulder blades, at the top of the movement pause for 2 seconds.
- Lower the under control back to the start position.



Bench Press - SA DB

Focus points:

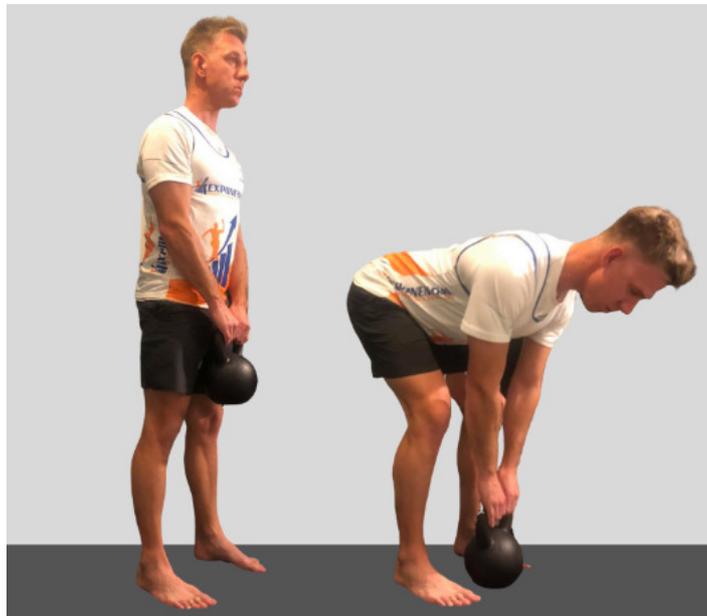
- Again set yourself up on a bench as usual, with only 1 Dumbbell this time. Choose a lighter Dumbbell than your normal press as this exercise requires a lot of stability, control and balance.
- As you lower the Dumbbell it is going to try and 'pull' you off the bench. Focus on holding a strong stable core to resist this and hold a straight mid line throughout the movement.



Deadlift - KB

Focus points:

- Stand with your feet shoulder width apart. Maintain soft knees, then push your hips back to hinge down and grasp the handle of the Kettlebell or Dumbbell with a neutral spine.
- You should feel some slight tension in your hamstrings - this is normal and preferred
- From this position stand up driving your hips forward and pulling your shoulders back against the weight of the Kettlebell.
- Lower the weight back to the starting position by softening your knees and hinging at the hip; eg pushing your butt back.
- This is a great exercise if you are new to Deadlifting.



Horizontal Pull ups - Feet up

Focus points:

- To progress the horizontal pull up elevate your feet on a box or bench.
- Again the lower you have the rings the harder it will be.
- This can be applied to the bar options below as well to make them more challenging.



Push Ups - Explosive bench

Focus points:

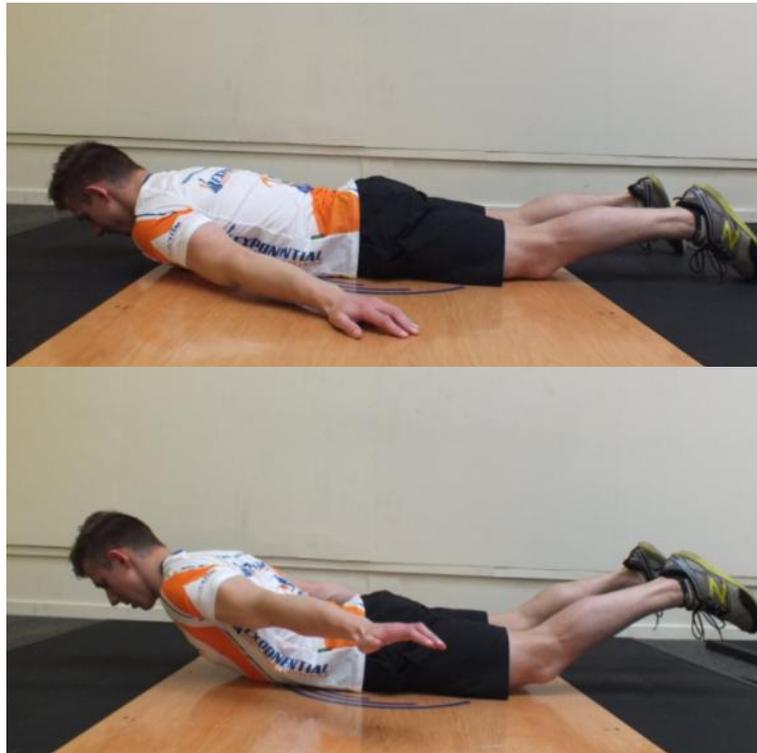
- Set up in a push up position with your hands on a bench, box or step.
- Perform a fast, explosive push up lifting your hands off the bench at the top of the movement.
- Try and land softly and absorb the load before repeating.



Prone Cobra

Focus points:

- Starting on the ground laying face down with your hands at your side.
- Raise your chest and feet off the ground by activating your glutes and muscles of your upper back.
- Hold this position for 1 second at the top of the movement before slowly returning to start.



Prone Hold Up Downs

Focus points:

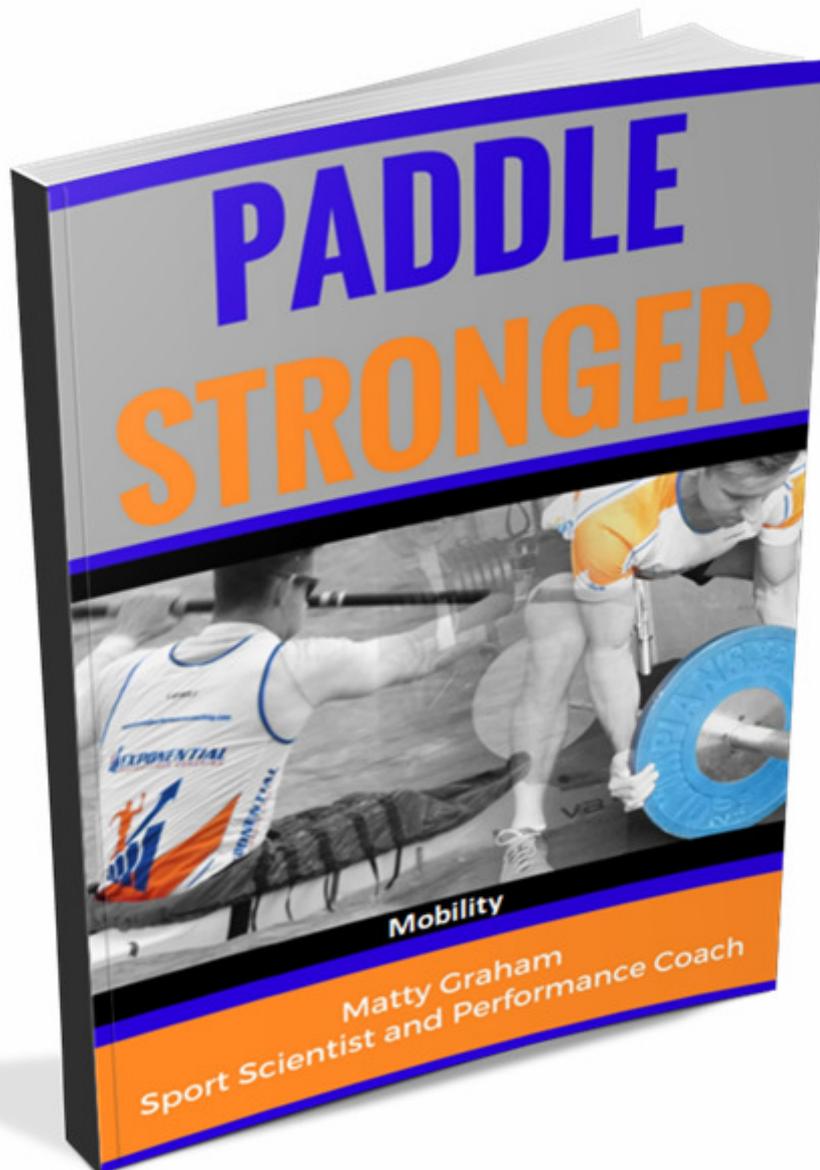
- Starting in the push up position lower slowly down into the prone hold position.
- Then reverse this movement and push yourself up returning to the push up position.
- Alternate the sides that you come up and go down on.
- Focus on a strong core and stable hips as you move up and down.



View all of the exercises in the Training Library [HERE in Paddle Stronger training package: https://tinyurl.com/psbuynow](https://tinyurl.com/psbuynow)

Step 6: Understand mobility theory and the plans

- In the **Mobility Ebook** you will learn how a little goes a long way when it comes to mobility and how to use some simple equipment to help keep your body in good working order. There are 5x10 minute mobility sessions that address the key areas that paddler have problems with but if that sounds like too much for you there is also a **'less is more'** mobility plan that is only 1 focused mobility exercise a day over the week.



Mobility

Mobility seems to be the latest craze in the world of performance and fitness. But what does it actually mean and how does it differ from the stretches we've been doing for years?

Stretching normally focuses solely on the muscle itself. Whereas mobility is an all-encompassing practice using stretching, rolling and compression to address multiple elements that influence performance. These include the sliding surfaces (muscles, ligaments, tendons, fascia), the joints and the motor control necessary to perform a movement correctly.

There are endless articles, videos and opinions on line and in books about mobility. So the aim of this guide is to cut through some of this information and provide you with the most effective mobility exercises to help you. You are more than welcome to do extra mobility or stretching work if you want to but if you are limited on time then the exercise's outlined in this guide will give you the best bang for your buck.

Injuries are part and parcel of sport. Luckily in most paddle sports the risk of injury is relatively small. Apart from shoulder dislocations in white water and surf paddling the injuries tend to be overuse in nature. Along with these overuse injuries as your on-water training load increases, certain muscle groups become tight leading to imbalances and changes in your running technique. This leads to some muscles, tendons and ligaments becoming overloaded or loaded in ways they are not designed for.

To help combat this perform these mobility exercises as indicated in the training plans or use the mobility plans below for additional mobility work outside your training plans. In addition to this mobility work if it is possible, a regular massage from a massage therapist or physiotherapist who has a good understanding of sport massage techniques goes a long way to keep your body in good working order.

How regular is regular for massage? This often comes down to budget for most people. If you are able to get a weekly massage during heavy training phases that is ideal. However, if that is not in your budget then fortnightly or monthly is better than nothing.

Mobility equipment

There are a few key pieces of equipment that you need to carry out an effective mobility plan. There is a lot of different mobility equipment on the market but it does not have to be complicated or expensive. These three pieces of equipment are relatively cheap or can be substituted with cheap everyday alternatives.

Ball: A hard small-medium size ball such as a lacrosse ball is ideal. However, a tennis ball or a field hockey ball can also be used if you do not have access to a lacrosse ball.

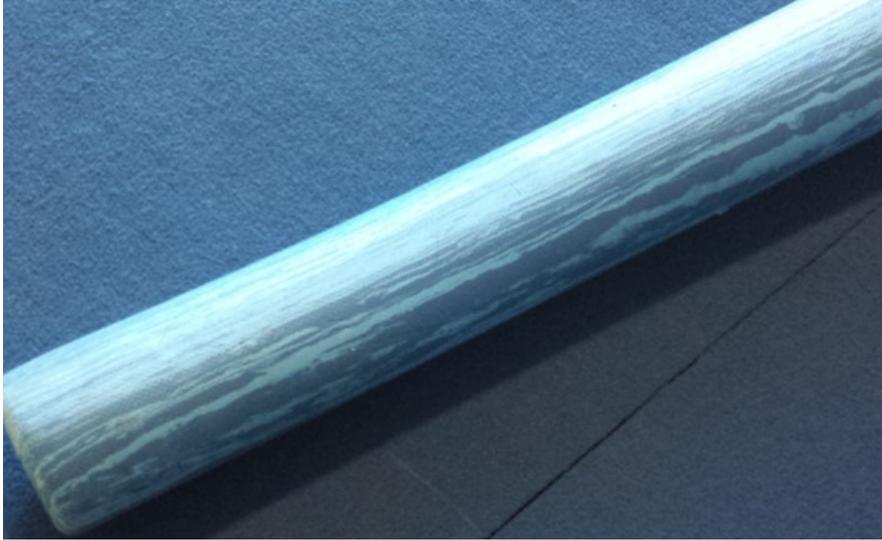


Band: A big thick rubber band is a great mobility tool. Again you can easily use a mountain bike inner tube if you have one lying around at home or you can buy a range of different sized bands online or from your local sporting store. If you are buying some bands look for the medium sized ones that offer 50-100 lbs/ 23-45 kg of resistance.



PADDLE STRONGER: Mobility

Foam roller: Most athletes have a foam roller tucked away in the corner of their house somewhere. These are useful tools for some mobility work but their size means that they are hard to target specific hot spots. If you have a foam roller then great, but if you do not have one then don't rush out and buy one until you have sorted out the above mobility gear first.



10 minutes of mobility

The five sessions that are outlined below are designed specifically to tackle the major problem areas that paddle athletes need to address with their mobility. The idea with these 10 minute sessions is to give you the biggest bang for your buck so to speak and make the most of the 10 minutes.

If you cannot spare 10 minutes then try cutting the outlined times in half and aim for a 5 minute session. If that is still too much then have a look at the **Less is More** plan below.

Session 1

- Couch stretch - 2 min each side - 4 min
- Upper back roll with ball - 2 min
- Pec roll - 2 min each side - 4 min

Session 2

To get your full view and maximise your paddling

Get your full copy of

[Paddle Stronger now HERE:](#)

<https://tinyurl.com/psbuynow>

Session 5

- Y&T rolls - 2 sets of 6 reps on each side - 4 min
- Pec roll - 2 min each side - 4 min
- 90/90 roller pec hold - 2 min

Less is More mobility plan

Doing less, more often, is often better than doing lots every once and a while.

Now if you do not have 10 minutes or even 5 minutes to put towards your mobility training then give this a go. The aim is to perform just **ONE** mobility exercise a day consistently over the week.

If you get carried away and want to do another mobility exercise then check out the extra for experts column.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|---------------------------|--|-----------|----------|--------|----------|------------------------|
| 1 a day | Upper back roll with ball | To get your full view and maximise your paddling | | | | | Pec roll |
| Extra for experts | Glute roll | Get your full copy here: https://tinyurl.com/psbuynow | | | | | Door frame Pec stretch |

To get your full view and maximise your paddling
Get your full copy of
[Paddle Stronger now HERE: https://tinyurl.com/psbuynow](https://tinyurl.com/psbuynow)



The mobility is something I had overlooked all my life, and even my wife, who I force to join me can see the results.

If you have the opportunity to use any of the programs, I would recommend them 100 percent.

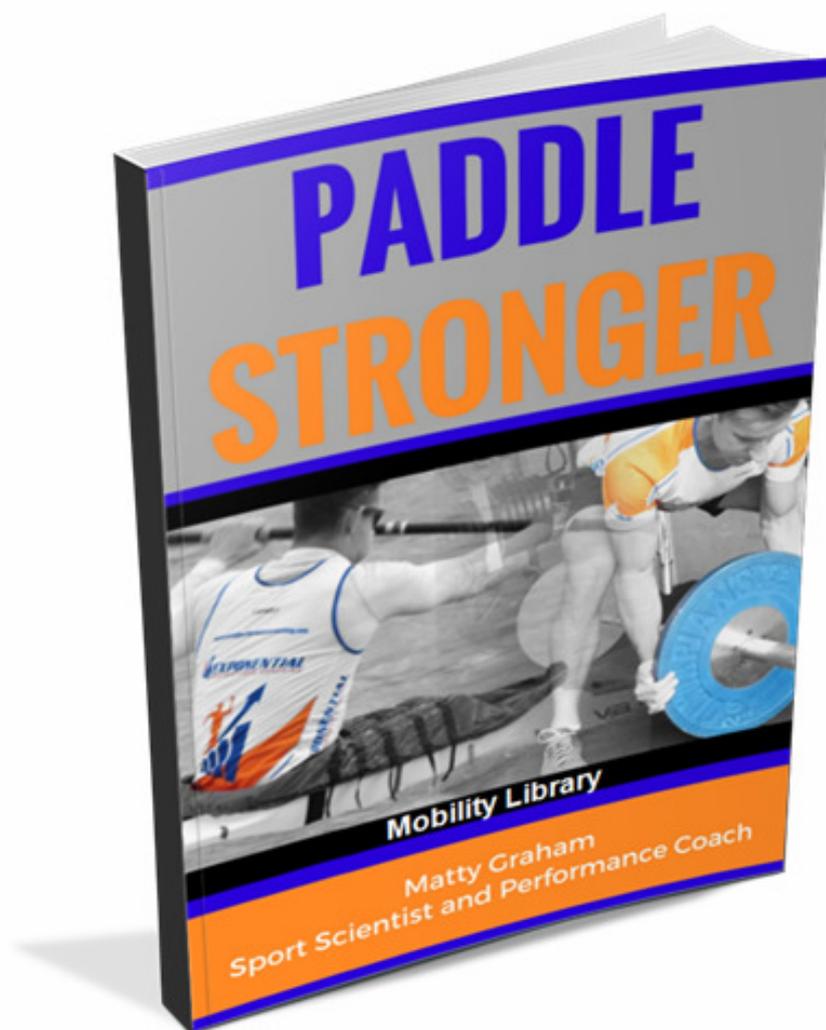
DUNCAN BOYD

View all of the Mobility plan [HERE in Paddle Stronger training package:](https://tinyurl.com/psbuynow)

<https://tinyurl.com/psbuynow>

Step 7: Learn the correct mobility exercise technique

- In the **Mobility Library** you will learn the correct mobility technique for the mobility exercises outlined in the mobility plans. With detailed photos and descriptions you will be equipped the knowledge to confidently and effectively look after the trouble spots that paddlers suffer the most with.



Mobility Library

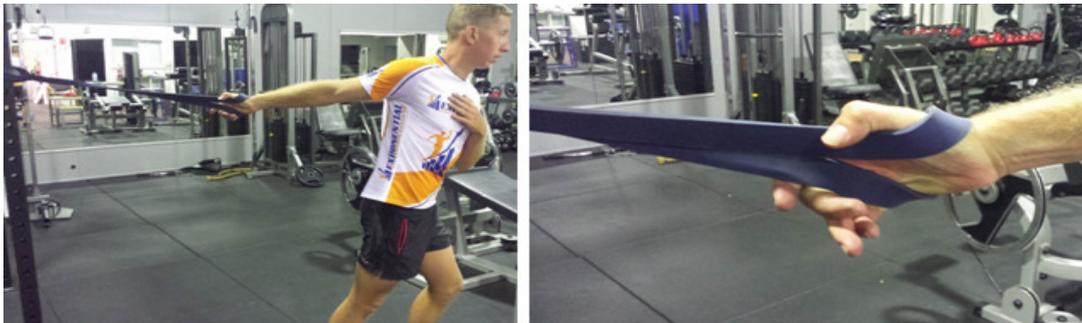
This library outlines all of the mobility exercises used in the mobility sessions. This is not an exhaustive list of mobilisations. Instead these are the mobilisations that I have found to be effective for paddle sport athletes. Likewise the key focus points are designed to provide easy to understand cues that can be matched with the photos to allow you to perform each with correct technique.



Banded Shoulder Distraction - Straight arm

Focus points:

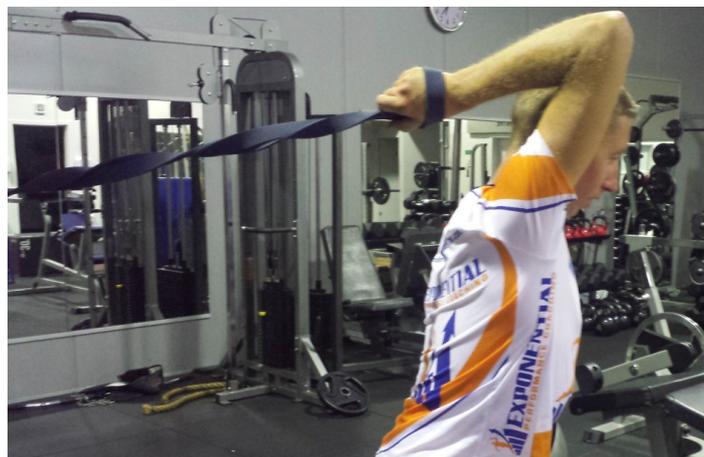
- Loop the band around your hand as outlined below with it attached to something sturdy.
- Turn your body away from the band feeling a stretch through your shoulder and chest.
- Keep your core activated and lean into the band to adjust the level of tension depending on how intense the stretch feels.



Banded Shoulder Distraction - Bent arm

Focus points:

- Set yourself up the same as the straight arm distraction above.
- As you turn away for the band bend your elbow so it is pointed up and your bicep is close to your head.
- Keep your core activated and lean into the band adjusting the level of tension depending on how intense the stretch feels.



Get full access to 12 best mobility exercises for paddlers

[HERE in the Paddle Stronger training package:](#)

<https://tinyurl.com/psbuynow>

**** WAIT ****
If You Take Action Today
You'll Also Get the Following
BONUS!

Bonus 1: Free bonus: 10 Erg Sessions to boost your performance

- This 28 page training files contains 10 different paddling erg sessions for you to use to boost your performance.
- **While these are designed for indoor erg use they can also be perform out on the water. I hope you find them helpful.**



Welcome

Welcome to the Exponential Performance 10 paddle erg sessions to boost your performance.

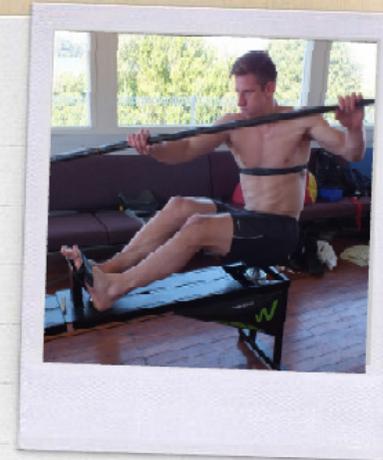
These sessions are designed to be time efficient training sessions.

They can be performed on a kayak erg, canoe erg or rowing erg depending on what you have access to. Alternatively if you want these can be performed on the water.

Best of luck with them.

Paddle Stronger

Matty G



2. Russian Pyramid

- This is a tough pyramid session that starts quite 'easy' but gets hard really quick.
- Paddle easy for 5 min before repeating the set again 2-3 times depending on your fitness.
- If you feel 'good' you can start with the 50 sec interval and work our way back down or you can start with the 10 sec interval again and work your up as before.
- If you want to take things up a level you can make your build up in 5 sec increments rather than 10 sec. i.e. 5 sec hard, 55 sec easy, 10 sec hard, 50 sec easy, 15 sec hard, 45 sec easy and so on up to 60 sec.

2. Russian Pyramid

Warm up: 10 min

Main set:

- 10 sec hard : 50 sec easy
- 20 sec hard: 40 sec easy
- 30 sec hard: 30 sec easy
- 40 sec hard: 20 sec easy
- 50 sec hard: 10 sec easy
- 5 min easy, repeat ...
- Warm down: 5 - 10 min easy*

8. *Tabata*

- *Tabata training is a very effective method of training that has been shown to improve both aerobic and anaerobic capacity.*
- *While the set is over in 4 min it is a very hard interval set, so be warned ;)*
- *Traditionally Tabata training is only performed as one set i.e. The 8x20 sec set is not repeated. However, if you have a high fitness level and are after a challenge you can repeat this set a number of times.*

8: Tabata

Warm up: 10 min

Main set:

- *8x20 sec maximal, 10 sec recovery*
- *5 min recovery*
- *Repeat*

Warm down: 5 - 10 min easy

Warm up

✗ When preparing for indoor erg sessions a good warm up is key so you can perform a good session.

✗ I do not like the word 'warm up' as it implies that getting warm is the key thing that you are trying to achieve. Getting warm is in fact only a very small component of a warm up and in some environments getting warm can have a negative effect on your performance.

✗ I prefer the term priming set or activation but have used the term warm up because it is so well known.

✗ The aims of a priming set is to gradually increase your blood flow to the required muscle groups, fire the neuromuscular system in the correct sequence and prime your energy systems for the up coming training session so you can perform well.



10

Get access to all of the 10 Erg Sessions to Boost your Performance [HERE](https://tinyurl.com/psbuynow) as part of the Paddle Stronger training package:
<https://tinyurl.com/psbuynow>

Bonus 2: Free bonus report: Heart Rate Training Zones

- This report compares the different methods used to calculate heart rate training zones and which is the best method.
- You will also learn how to conduct a field test so you can calculate accurate training zones for your training.





WHY MEASURE HEART RATE?

Until recent times portable heart rate monitors were a tool only accessible to elite athletes. Now heart rate monitors are readily available and it is rare to meet an endurance athlete who does not monitor their heart rate during training.

The majority of athletes that I consult with do not fully understand why they measure heart rate during training and only a small percentage train effectively using heart rate zones. With this in mind, this short report aims to provide some background on why it is useful to measure heart rate during training, an insight into different methods of setting heart rate training zones and some limitations of heart rate for gauging training intensity.

Heart rate (the number of times your heart beats per minute) is a useful monitoring tool for endurance athletes because the relationships between heart rate and other variables such as oxygen consumption (VO_2) and some metabolic processes during exercise are well known and are relatively predictable.

During exercise we are not interested so much in heart rate per se. It is more that heart rate provides a convenient window into the body through which we can use these known relationships to indirectly measure what energy systems (aerobic/ anaerobic) an individual is using.

Using this information it is possible then to train at an intensity (with the guidance of a heart rate monitor) which targets the specific aspect of the energy system you want to train and in doing so taking some of the guess work out of your training so you can maximise your performance improvements.

Most people are familiar with heart rate training zones that specify the heart rate an individual should be training at for active recovery, aerobic development, up tempo, threshold and high intensity training sessions. However, there is a lot of mixed information about what any given individual's heart rate should be for these training zones.

DIFFERENT HEART RATE ZONE METHODS

Below is an outline of four different methods that are commonly used to determine heart rate training zones and some of the pros and cons of each method.

1) PERCENTAGE OF MAX HEART RATE

One of the most common ways to determine heart rate training zones is as percentages of age predicted maximum heart rate. You have no doubt seen these zones before on the cardio equipment at the gym or as the default setting on your heart rate monitor. These zones can easily be calculated via taking 220 and subtracting the individuals age.

This equation is based on the approximately linear relationship heart rate has with VO₂ and the assumption that max heart rate decreases one beat per minute each year.

While this method is simple to use, the relationships and assumptions the equations are based on often do not hold true for athletes. One way that this method can be improved is through the determination of actual maximum heart rate.

This can be determined in a sport science lab or during a maximal exercise protocol outdoors. Achieving a 'true' maximal heart rate is difficult to do, as it requires a lot of motivation and is very stressful, so it is not appropriate for some individuals.

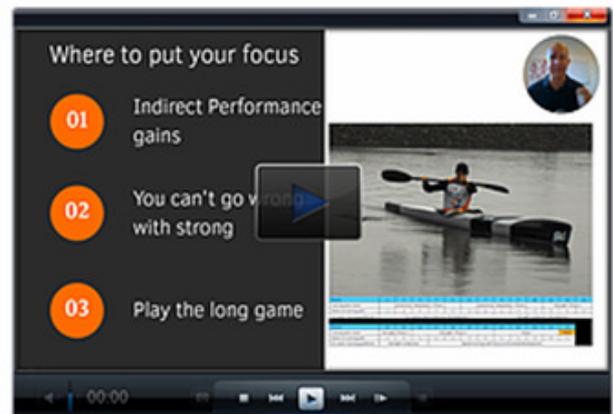


04

Find out the best method for calculating your heart rate training zones and how to do it [HERE](https://tinyurl.com/psbuynow) as part of the Paddle Stronger training package: <https://tinyurl.com/psbuynow>

Bonus 3: Digital video presentation: Periodisation Quick Start

- In this video presentation you will learn how to choose the best periodisation template for you, where to put your training focus if you have additional training time and how to make adjustments to your plan depending on your individual situation.



View the full Digital video presentation [HERE as part of the Paddle Stronger training package](https://tinyurl.com/psbuynow) <https://tinyurl.com/psbuynow>

Bonus 4: Digital video presentation: Periodisation FAQ

- In this video presentation questions from Paddle Stronger users are addressed to help you make finer adjustments to your periodisation template to suit your individual needs.



View the full digital video presentation [HERE](https://tinyurl.com/psbuynow) as part of the Paddle Stronger training package: <https://tinyurl.com/psbuynow>

Bonus 5: Digital video presentation: Specific training adjustments for Stand Up Paddle Board Athletes

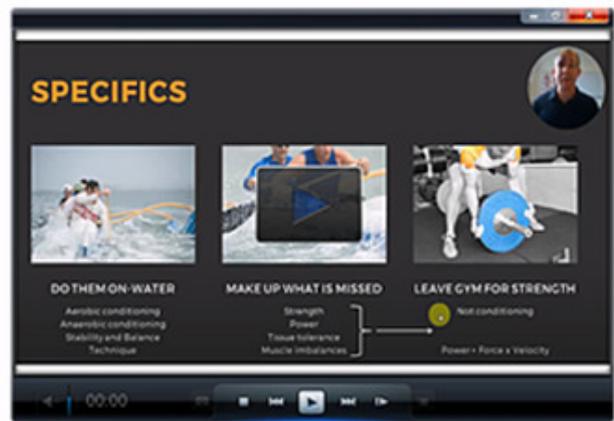
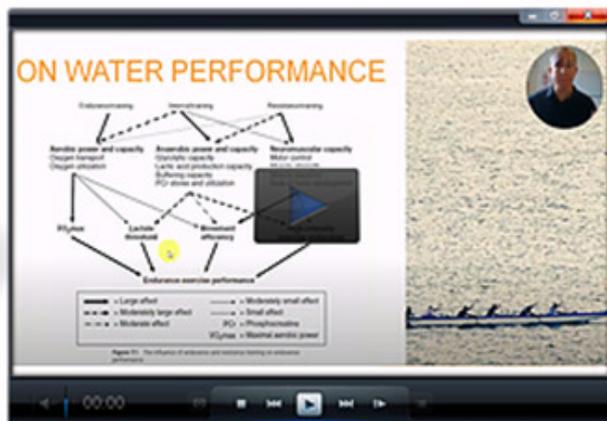
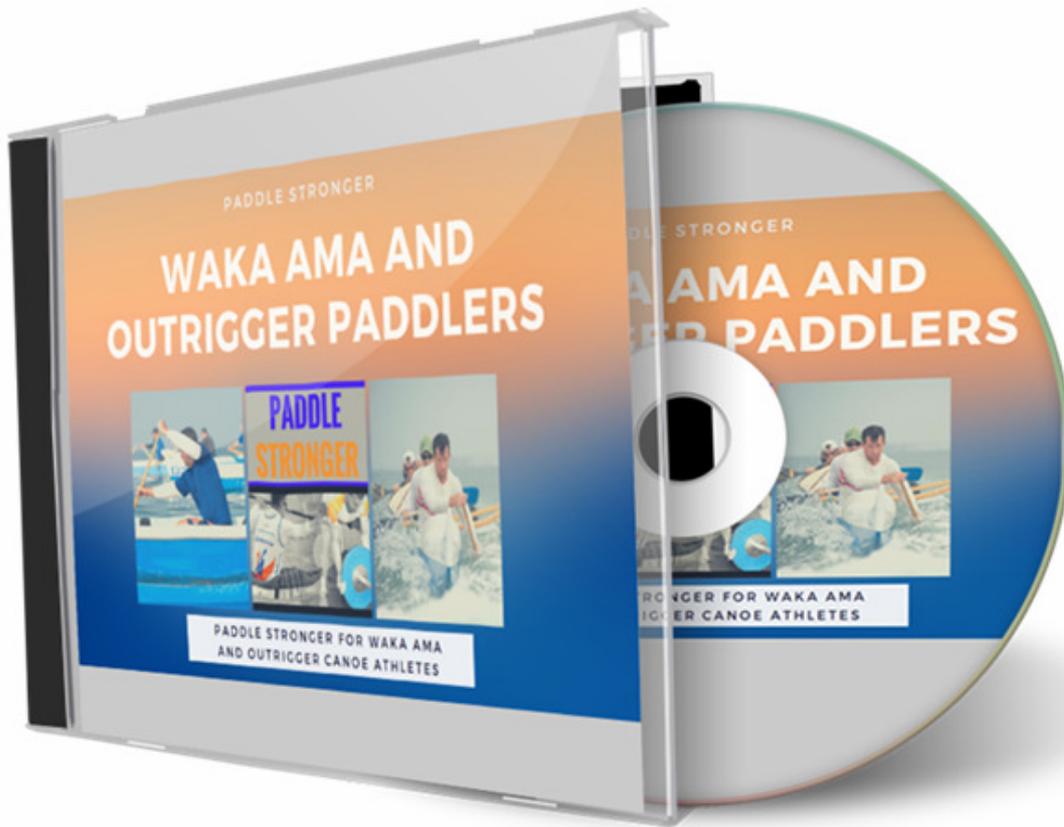
- In this digital video presentation you will learn how Paddle Stronger can be easily adapted for stand up paddle board athletes.



View the full digital video presentation [HERE](https://tinyurl.com/psbuynow) as part of the Paddle Stronger training package: <https://tinyurl.com/psbuynow>

Bonus 6: Digital video presentation: Paddle Stronger for Waka Ama and Outrigger canoe athletes

- In this digital video presentation you will learn how Paddle Stronger can be easily adapted for waka ama and outrigger canoe paddlers.



View the full digital video presentation [HERE](https://tinyurl.com/psbuynow) as part of the Paddle Stronger training package: <https://tinyurl.com/psbuynow>

PADDLE STRONGER

If you were to get this information, training sessions and tips outlined in this training system

+ the bonus material personally from Sport Scientist and Performance Coach Matty Graham through Exponential Performance Coaching



the cost would be in excess of \$1200.

However, you will not pay anywhere near this.

You can get all of this for only \$49.99 NZD

Go to Sales page HERE: <https://tinyurl.com/psbuynow>

PADDLE STRONGER



Paddle Strong was my introduction to structured periodised gym training. I have paddled at the World Championships in Waka Ama and White Water rafting and we were never given this level of structured training leading up to our World Championships.

I would most definitely recommend Paddle Stronger as the next level to train, build up strength and have a wide range of other questions answered thru Matty's different means on communication (Podcasts, YouTube, programs and ebooks etc).

He knows what he is doing and is willing to help you achieve your goals and also make the workouts enjoyable. I am happy to use what he has taught me and pass on to the persons/teams I coach in the future.

Nga mihi nui

MARTIN HELLEUR



Up until 2016 I was your typical "every session is a race" type of paddler. I stumbled upon Matty's whiteboard Wednesday videos and the way he explained it just clicked with me. I moved onto the Exponential Performance podcast which is how I came to find out about the Performance Temple handbook, and this is where things really took off for me. Now I am onto Paddle Stronger.

I had been doing some strength work before this, but it was really just a thumb suck based on what I thought I should be doing. Paddle Stronger has revolutionised my strength training. The mobility is something I had overlooked all my life, and even my wife, who I force to join me can see the results.

If you have the opportunity to use any of the Exponential Performance programs, I would recommend them 100 percent.

DUNCAN BOYD



Go to Sales page HERE: <https://tinyurl.com/psbuynow>