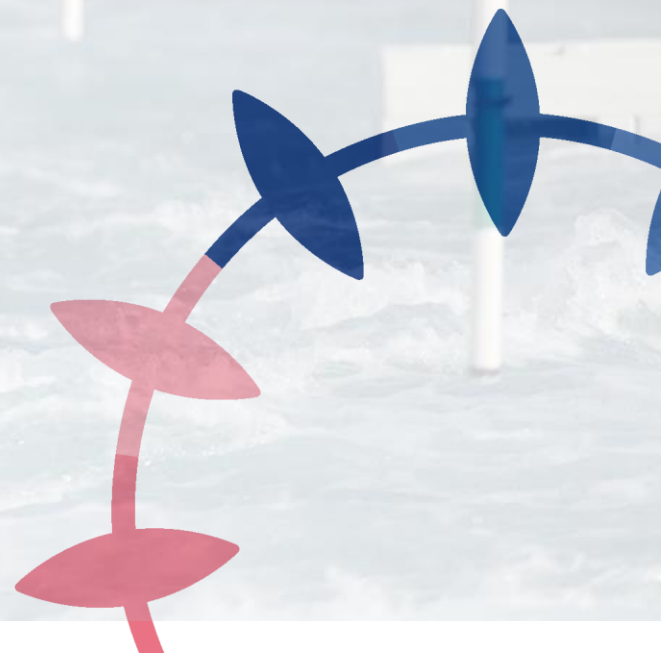


# SLALOM SCHOOLS

Physical Preparation



## Themes



# The Sport

- The physical needs of the athletes
  - Physical risk considerations
- Principles and objectives of healthy youth physical development

# S&C in Season

CANOE SLALOM

WHAT IT TAKES TO PROGRESS 2021

Stage 1. Ages 14 and Under

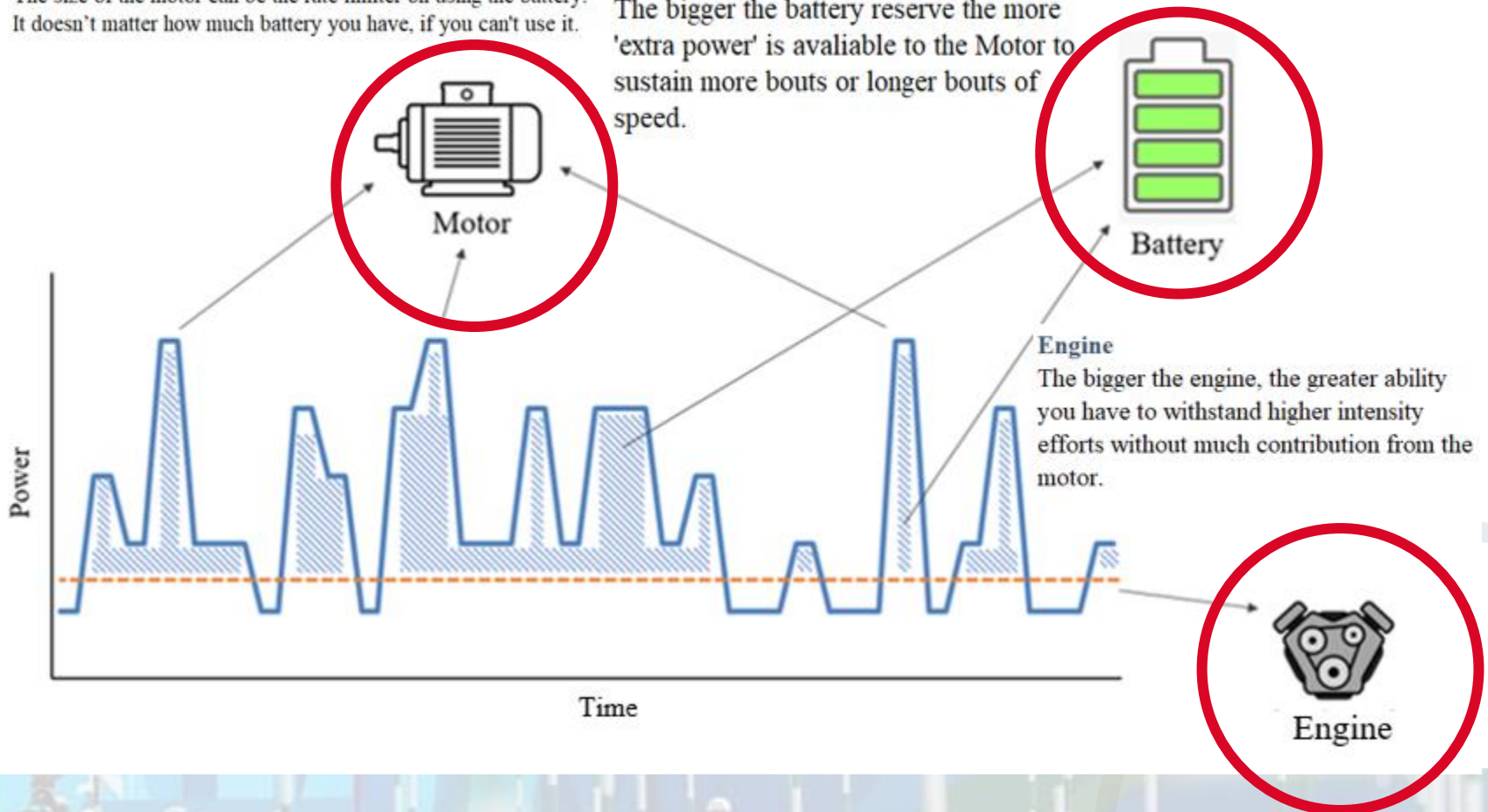
# The Sport

## Motor

The size of the motor can be the rate limiter on using the battery. It doesn't matter how much battery you have, if you can't use it.

## Battery

The bigger the battery reserve the more 'extra power' is available to the Motor to sustain more bouts or longer bouts of speed.





# Required Skills



1. Acceleration of the boat



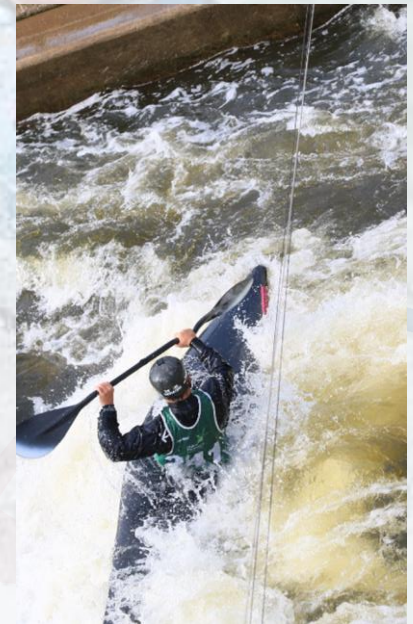
2. Single movements to resist, exploit or control the water



3. Holding



4. Resistance to fatigue



## Risk Considerations

Accumulative training volume and intensity



- Physical profile
- Training history
- Injury history
- Other sports

Technique



- Key positions
- Repetition

Stimulus



- WW volume
- Learning and skill development
- Planning



# Risk Considerations



The objective of Physical Preparation is to maximize Slalom Skills and Boat Speed. Starting the journey of completing consistent land-based training will provide the foundation building blocks for future physical development. The three aims below are enablers and first step to maximizing future physical development.

## 1. Increase availability to train

Reduce the risk of injury by completing the phase 1 programme, which will help athletes tolerate session volume and intensity and prepare for future training.

## 2. Introduce key movement patterns

'The ability to produce and transmit force through the blade is critical for boat speed. We need to start learning different methods of applying force on a variety of relevant movement patterns. Phase 2 programme can be started.

## 3. Increase base level endurance levels

By completing general aerobic fitness sessions which may include swimming, cycling and running, will allow you to repeat boat speed efforts when under fatigue.

Supporting the above three aims, ensuring you have adequate **flexibility** to enable you to get into the correct positions in the boat and providing the body with good **sleep** and **nutritional** habits offers the foundation for consistent execution and recovery from training and competition.

## WITTP PHASE 1

Phases 1-3 of physical development are progressive in nature with regards to the physical demand, complexity and future potential to progress.

Athletes should be exposed to a wide variety of movements whereby they can explore, and problem solve in the context of multi-sport games. FUN should be at the heart of this stage.

This should provide clear direction and options for programming for phase 1 based off agility, balance and coordination principles through simple animal movements which underpin more advanced movements and are a precursor for phase 2. It is important to note that even when you pass through this phase, these types of movements are great to include within warm ups. They are fun, allow for exploration and can be easily modified!

You can select a column per session which will cover all primary movement skills.

Option 1	Duck pose	Bunny hops	Horse walks	Lateral ape
Option 2	Spiderman	Duck walks	Crouching tiger	Sneaking ape
Option 3	Crab walks	Bear crab roll	Donkey kicks	Horse leaps
Option 4	Inchworm	Bear crawl	Chameleon	Lazy dog
Base Endurance	Swimming	Cycling	Running	Rower



# WITTP Programmes



## WITTP PHASE 2

Athletes should be introduced to a more structured physical development Programme and exposed to movements which provide long-term foundations for future physical development. Phase 1 content should still be utilised within phase 2 as part of preparation for the movements below, for example within warm ups.

This should provide clear direction and a range of options for programming linked to key lifting movement patterns.

Primary Movement Pattern	Programme 1	Rep/Set	Programme 2	Rep/Set	Programme 3	Rep/Set	Programme 4	Rep/Set	Programme 5	Rep/Set
Squat	Isometric squat	45 seconds	Box squat	12-20 reps	Goblet squat	8-15 reps	Barbell front squat	12-12 reps	Barbell back squat	8-12 reps
Lunge	Isometric lunge	45 seconds/side	Goblet reverse lunge	8-12 reps/side	Barbell split lunge	8-12 reps/side	Rear foot elevated goblet split lunge	8-12 reps/side	x	
Press	Press up	8-12 reps	Incline press up	8-12 reps	Weighted press up	8-12 reps	Dumbbell bench press	12-12reps	Barbell bench press	8-12 reps
Horizontal Pull	Inverted row (bent legs)	8-12 reps	Inverted row (straight legs)	8-12 reps	Inverted row (legs elevated)	8-12 reps	Inverted row (1 leg raised)	8-12 reps	Inverted row (legs bent + load)	8-12 reps
Vertical Pull	Vertical hanging	Build to 30 seconds	Eccentric chin-down (wide grip)	3-6 reps	Banded pull-up (wide grip)	8-12 reps	Body weight pull-up (neutral grip)	6-12 reps	Wide grip pull-up with Load	8-12 reps
Hinge	Kneeling hip hinge	10-20 reps	Double leg hip bridge	8-12 reps	Single Leg hip bridge (Back to box)	8-15 reps/side	Loaded hip bridge (single leg)	8-12 reps/side	Barbell RDL	8-12 reps
Trunk	Front plank	30-45 seconds	Front plank alternate leg raise	30-45 seconds	Side plank	30-45 seconds	Dead-bugs	6-12 reps/side	Double leg lower	8-12 reps
Shoulder	External & internal rotations	10-15 rep/side	Swimmers	12-20 reps	Y - T - W	6-10 reps	Frontal * lateral dumbbell raises	15-20 reps	Dumbbell seated overhead press	8-12reps
Base Endurance	Swimming	x	Cycling	x	Running	x	Cross-trainer	x	Rowing	x

## S&C In-Season



- Frequency is key!
- Consistency is key!
- Mini-doses of sessions (school habits)
- Utilize warm-ups
- Examples

