

## SPEED ENDURANCE CYCLE

This 7 week cycle will be the most challenging as well as the most rewarding training cycle in 2004. If you apply yourself at 3 practices a week, really apply the appropriate intensity, get enough rest and eat right, you will become a faster paddle by the end of the cycle. If you can only come to two practices a week, you will maintain your current fitness level and learn something about how to best use your speed and endurance during a race. If you happen to be a really fit dragon boat paddler, you are going to love this cycle. The focus of this cycle will be to teach you what paddling above your anaerobic threshold (AT) feels like as well as how long you can paddle above your AT. The cycle will demonstrate how to train through out the year in order to raise your AT.

So, what is the AT? The AT is an intensity level where a racer goes when he/she wants to put on that extra 90 seconds of speed that will carry the canoe across the finish line first. The AT is where a racer goes to get his/her canoe out of the buoy turn ahead of another canoe. AT is where you go when you can't get quite enough oxygen to your muscles and they start to burn. The AT is not where you go to have fun. The AT is where the competitive racers are at several critical times in every race.

Most of the paddling time in every race the intensity will be slightly below your AT in the aerobic zone where your muscles get enough oxygen to produce energy. But when you need more speed you have to raise your intensity level and cross the anaerobic threshold (AT)

### Bibliography

THE ART OF SCULLING by Joe Paduda

BARTON MOLD by William Endicott

CANOE RACING by Heed and Mansfield

SERIOUS TRAINING FOR ENDURANCE ATHLETES by R.

Sleamaker and R. Browning