

# **SPEEDSTROKE GYM**

## SUGGESTED TRAINING SESSIONS

### NOTES.

We hereby suggest some typical training sessions focusing on the physiological benefits that should be derived from each type of work out. Until you are comfortable with the effects of each training workout, you should approach each session with caution, and do less rather than more, and attempt to build your fitness level and strength over a period of time. We would recommend that when starting a fitness programme you halve the work duration indicated, and over a period of 4-6 weeks increase the work when you feel comfortable. The intensity with which you carry out these workouts will need to be monitored by yourself, and we suggest that a pulse meter will also be helpful in this respect. Follow the guidelines suggested by the Pulse meter vendors, for ideal heart rate threshold “bands”.

A count down repeat function watch will also prove helpful, such as that found on the Timex Ironman watch. It can be set to give a minute or second repeat audible countdown, and most of the workout identified hereafter will be able to be used given a repeat countdown period of 30 seconds or 1 minute.

### WARNING.

**ALWAYS CONSULT A PHYSICIAN PRIOR TO UNDERTAKING ANY PHYSICAL EXERCISE. BY USING SPEEDSTROKE THE USER ACCEPTS FULL RESPONSIBILITY FOR ALL RISKS AND INJURY, AND WAIVES ANY RIGHT TO THEMSELVES, THEIR HEIRS, OR EXECUTORS TO HOLD THE MANUFACTURER OR IT'S REPRESENTATIVES RESPONSIBLE IN ANY DIRECT OR INDIRECT INJURY WHATSOEVER, HOWEVER CAUSED BY USE OF OUR PRODUCTS.**

## GENERAL

### GROUP 1

General background/fitness/endurance.

To be carried out at low intensity. To achieve all round fitness.

- |   |   |
|---|---|
| <b>1. 8 X 4 MINS WORK 1 MIN REST</b>  | <b>3. 15 MINS CONSTANT<br/>3 MINS RECOVERY (ALL TIMES 2)</b>  |
| <b>2. 7 MINS WORK, 2 MINS RECOVERY<br/>6 MINS WORK, 2 MINS RECOVERY<br/>5 MINS WORK, 2 MINS RECOVERY<br/>4 MINS WORK, 2 MINS RECOVERY<br/>3 MINS WORK, 2 MINS RECOVERY<br/>2 MINS WORK, 2 MINS RECOVERY</b> | <b>4. 2 MINS WORK, 1 MIN RECOVERY<br/>3 MINS WORK, 1 MIN RECOVERY<br/>4 MINS WORK, 1 MIN RECOVERY<br/>3 MINS WORK, 1 MIN RECOVERY<br/>2 MINS WORK, 1 MIN RECOVERY<br/>1 MINS WORK, 1 MIN RECOVERY</b> |

**TRIPLE**

# SPEED

## GROUP 2

Speed Endurance.

To be carried out at slightly higher intensity.

1. (2 MINS WORK, 2 MINS REST) X 7
2. (3 MINS WORK, 2 MINS REST) X 5
3. (1 MIN WORK, 3 MINS REST) X 7
4. 20 STROKES ON/OFF  
40 STROKES ON/OFF UP TO 200 STROKES ON/OFF  
THEN RETURNING TO 20 STROKES ON AND OFF.

**NOTE:** Strokes are counted on each every side – so every blade entry.

# PLAY

## GROUP 3

Easier more flexible/ play workouts.

**4 MINUTES WORK, 2 MINUTES RECOVERY BETWEEN EACH INTERVAL, ( X 5)**

**THE 4 MINUTES ARE DIVIDED INTO 1MINUTE INCREMENTS, OF 1ST MINUTE AT 60% INTENSITY, 2ND MINUTE AT 70% INTENSITY, 3RD MINUTE AT 80% INTENSITY, AND 4TH MINUTE AT 70% INTENSITY. YOU CAN VARY THE INTENSITY AND ORDER OF THESE INCREMENTS.**

Whilst watching your TV paddle moderately firm for the programme, and then "up the tempo" for the Commercials, them back to moderate paddling for the programming.

# KAYAKPRO

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