

# PPG Day 6: Mon 20th 2022

## Warmup - Shore (10 mins)

Thoracic Rotation \* 3

- Rotate in the Pipe (Back of hand on rear pelvis)
- Cat Cow
- Thread the needle <> Reach for the stars

Hip Flexors

- Kneeling Lunge
- Wide Squat
- Frog

## Land Drills (5 mins)

- Pole Dancing for Loading Drill
- Bodyweight outside of the board at the catch
- Get your weight onto the paddle
- Hinge to drop weight onto the paddle
- Use your legs a TINY BIT
- DRILLS ARE EXAGGERATIONS
- SAY TO YOURSELF: Load...Unload

## Warmup and Water Drills (10 mins)

- Loading Drill

## Intervals (40 mins)

- 8 \* Sub Lactic Threshold micro sprints (10 mins)
  - 30 secs at 60% (Jog)
  - 10 secs at 100%
  - repeat
- 8 & 1:1 Jogging to Sprinting (12 Mins)
  - 45 secs 60% (Jog)
  - 45 Secs 90% (Fast Run)
- 6 \* Race Starts (10 Mins)
  - Come to complete halt
  - Sprint on whistle for 20 seconds (100%)

## Water & Rest (5 mins)

- Drink whilst you can :-o

## 360's round 3 buoys (10 mins)

- Go in 30 sec intervals
- Hit each of the 3 large buoys and do a 360 turn around each
- Note that forward motion needs to be managed when going around the buoys

## PhotoShoot

- Paddle past camera with best ever form :-o

## Attack the Buoys (10 mins)

- 2 or 3 at a time
- Attack the Yellow buoy to get round first, first on a simple out and back race

## Relay Races (20 mins)

- Nice simple 2 teams, out and back around single yellow buoy races
- Attack the buoy
- Fight for the inside line
- Never give up

## Warmdown (5 mins)