

# Year Planner

!!! note "Technique Goals" - Increase Stroke Rate to 40 spm - Alter Stroke to stop killing my lower back - More rough water/sea paddling - More SUP Surfing

!!! note "Fitness Goals" - Lose weight - Strengthen my back - Improve strength

!!! note "Timings" - Jan: Aerobic Base Training - Feb: Aerobic Base Training - Mar: Strength and Speed Training - Apr - May: Strength and Speed Training - May: Strength and Speed Training - May: **Loch Awesome** - Jun: Recovery paddles after Loch Awesome - Jul: Base Distance Training for Trent 100 - Jul: **Trent100** - Jul: Recovery Paddles after Trent 100 - Aug: Strength and Speed training for Great Glen - Sep: Strength and Speed training for Great Glen - Sep: **Great Glen** - Oct: Recovery Paddles after Great Glen - Nov: Strength and Speed Training for Paris - Dec: **Paris :-)**

!!! note "Competitive Goals" - Finish at least mid pack in every race this year. - Finish Great Glen - Finish Great Glen under: 16 Hours - Finish Great Glen Day 1 under: 7 hours (42.5km) - Finish Great Glen Day 2 under: 9 hours (49.5km) - Finish Paris under: 1hr 11mins (1:24:58 is my best time so far)

!!! danger "Key Races" - The Great Glen - Paris

!!! warning "PrepRaces" - Loch Awesome - Trent 100 - Northern Sup Racing races

!!! warning "Fun Races" - Local 5k races