

Bate Bay Coaching Program: Ski – October 2004

**WEEK ONE**

11<sup>th</sup> – 17<sup>th</sup> October

	A.M	P.M
<b>Monday</b>		15mins (easy) 2 x 10mins (1 x 80-90% / 1 x 70-80% with occy strap if able to) 5 x 3mins (90%) – 2mins
<b>Tuesday</b>	10mins x easy 20 x 30secs ON (90%) / 90secs OFF (75%)	
<b>Wednesday</b>		15mins easy (warm up) 6 x 5mins (80 – 90%) 90secs rest 6 x 15stroke starts – paddle back recovery
<b>Thursday</b>	10mins x easy (warm up) 4 x 12mins (1 x 80% / 1 x build every 3mins / 1 x 90% / 1 x wash leads – change every 30 / 40 strokes (6mins of each)) – 2mins rest between	
<b>Friday</b>		40mins x easy + Starts & Skills
<b>Saturday</b>	<b>NSW Premiership – Round 1, South Narrabeen</b>	
<b>Sunday</b>		

Dr Grant Wilkinson D.C, B.Sc, M.Sc

**SurfElite Coaching & Consultancy Services**

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**WEEK TWO**

18<sup>th</sup> – 24<sup>th</sup> October

	<b>A.M</b>	<b>P.M</b>
<b>Monday</b>		4 x 15mins (1 x easy (warm up) / 1 x 75% (into wind) / 1 x down wind chop chase / 1 x (3 x 5min loops though break) – 3mins rest 4 x 2mins (90%) - 30secs rest
<b>Tuesday</b>	10mins x easy (warm up) 3 x 20mins (1 x 75%/ 1 x 85% / 1 x wash leads) - 3mins rest	
<b>Wednesday</b>		10mins x easy 8 x 1000m on 6.00mins (broken efforts) Broken into = 250(90%)-750(75%) / 500(90%)-500(75%) / 750(90%)-250(75%) / 1000(90%) / 1000(75%) / 750(75%)-250(90%) / 500(75%)-500(90%) / 250(75%)-750 (90%)
<b>Thursday</b>	10mins x easy 20 x 30secs ON (90%) / 90secs OFF (70%) 5 x 20stroke starts	
<b>Friday</b>		10mins easy(warm up) 2 x (8min (75%) / 6mins (80%) / 4mins (85%) / 2mins (90%)) do as courses (i.e. 8min course = 4mins OUT-4mins IN) – 2mins rest
<b>Saturday</b>		10 – 15mins x easy (warm up) 8 x 4mins ((80%) – 1 x OUT – 1 x IN) – 1min rest
<b>Sunday</b>	Starts, Skills & Technique Session	

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**WEEK THREE**

25<sup>th</sup> – 31<sup>st</sup> October

	A.M	P.M
<b>Monday</b>		15mins (easy) 3 x 10mins (1 x 80%) 4 x 40stroke starts – wave in recovery
<b>Tuesday</b>	10mins x easy 16 x 30secs ON (95%) / 90secs OFF (80%)	
<b>Wednesday</b>		10mins x easy (warm up) 3 x [6 x 2mins (1 x 70% / 1 x 80% / 1 x 90%)] – 30secs rest between reps / 2mins rest between sets
<b>Thursday</b>	10mins x easy 1hr x HR @ 130bpm	
<b>Friday</b>		20mins x easy 3 x 2mins (75%) – 1min rest 3 x 4mins (75%) – 2mins rest
<b>Saturday</b>	<b>Sydney Water Premiership Series Round 1 – Shellharbour</b>	
<b>Sunday</b>	1½hrs x Starts & Skills – (Concentrate on starts! Do at least 40 starts)	

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**WEEK FOUR**

1<sup>st</sup> – 7<sup>th</sup> November  
(Recovery Week)

	A.M	P.M
<b>Monday</b>		10mins x easy (include 3 x 2mins @ 70% - warm up) 6 x 3mins (1 x 70% / 1 x 90%) – 2mins rest 6 x 30stroke starts
<b>Tuesday</b>	1 – 1½hrs x easy + Skills (sitting in break, waves, parallel runs, wash riding, chop chase)	
<b>Wednesday</b>		20mins x easy (include 4 x 3mins @ 70%) 20 x 1mins (70%) – 20secs rest (not hard, just keep reps ticking over. This is similar to doing 50m reps in pool)
<b>Thursday</b>	45mins x technique (flat water if possible) – easy pace only	
<b>Friday</b>		<b>40mins x easy / waves</b>
<b>Saturday</b>	<b>NSW Premiership – Round 2, Shellharbour</b>	
<b>Sunday</b>		

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