

BOARD - BEGINNER PROGRAM BLOCK 2



Written by Phil Clayton



Department of
Sport and Recreation

SURF LIFE SAVING
WESTERN AUSTRALIA



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ABOUT THE COACH

ABOUT THE COACH

Phil Clayton

2000 World Ironman Champion Phil Clayton's long list of sporting achievements is testament to an illustrious career spanning over 20 years. The winner of 11 Uncle Toby's Iron Man Races, Australian Open Belt, Open Men's Board, Open Board Relay and Taplin Relay to name a few.



Combining Phil's racing career and his current professional qualifications, Clayton has successfully communicated his skills and experience to thousands of people throughout Surf Life Saving and many business organisations. He is an Accredited Surf Life Saving Coach and Level 2 Surf Life Saving Official with a Certificate III and IV in Fitness & Master Trainer and Level 1 Strength and Conditioning Coach. As Phil's competitive years have drawn to a close, he is now utilising his profound knowledge and awareness as the Technical Adviser on The Australian Olympic Open Water Committee. He is also the Athletes Representative for Surf Life Saving Australia.

Phil is a natural communicator and in his 7 years as the Head Coach of Kurrawa Surf Lifesaving Club, his athlete's achieved a total of 58 Australian Gold, 46 Silver and 39 Bronze medals. Phil also coached The Australian Surf Life Saving Youth Team and the Queensland Open Surf Team. It's widely recognised that Phil Clayton's greatest strengths lie in his outstanding surf skills and his ability to win Surf, Ironman and Board races from impossible situations and against all odds.

He installs a winning feeling in his young charges and, most importantly, teaches them how to enjoy their involvement in the sport.

Phil Clayton is a true achiever in the Surf Lifesaving world. His sense of humour and passion for life has carried him through his many highlights and are testimony to his tremendous ability.



COACHING GUIDELINES



COACHING A GROUP

If you have decided to take on the role of swim coach it is a good idea to do some planning. Below is a simple guide to follow before you begin your coaching:

1. Identify the most suitable location for the group to train
2. Make contact with the surf club and ask the following:
 - a. When is it available?
 - b. Is there a cost?
 - c. Are there any licensing requirements?
 - d. Can you coach a small group?
 - e. Do you need to book the venue?

SUGGESTED COACHING PLAN



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5 - Session 17	Week 5 - Session 18		Week 5 - Session 19	Optional Gym + Waves Session	Week 5 - Session 20	Off
Week 6 - Session 21	Week 6 - Session 22	Optional Gym + Waves Session	Week 6 - Session 23	Optional Gym + Waves Session	Week 6 - Session 24	Off
Week 7 - Session 25	Week 7 - Session 26	Optional Gym + Waves Session	Week 7 - Session 27	Optional Gym + Waves Session	Week 7 - Session 28	Off
Week 8 - Session 29	Week 8 - Session 30	Optional Gym + Waves Session	Week 8 - Session 31	Optional Gym + Waves Session	Week 8 - Session 32	Off

BOARD - BEGINNER

WEEK 5 - SESSION 17



WARM UP

5 mins Play in the Waves on Board

TRAINING SESSION

5 mins Easy Paddle

10 mins Moderate Paddle

5 mins Easy Paddle

5 mins Hard Paddle

5 mins Easy

There is to be no rest during this set

WARM DOWN

5 mins Play in the Waves

Total 50 mins

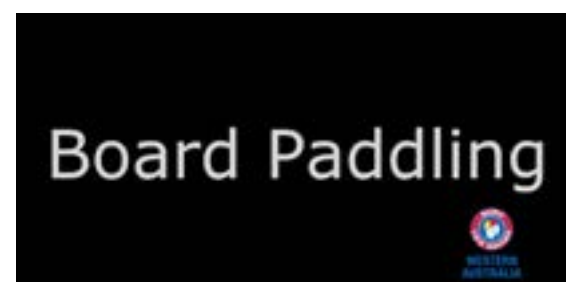
Tips:

Enjoyment is one of the main reasons you compete in the sport, keep it fun for athletes.

EQUIPMENT NEEDED

Water Proof Stop Watch

Put watch on Board Strap



BOARD - BEGINNER

WEEK 5 - SESSION 18



WARM UP

5 mins Play in the Waves on Board

TRAINING SESSION

20 mins Easy into wind

2 min rest race home

Practice chasing runners

PART 2

5 x 20 stroke starts off the beach

WARM DOWN

5 mins Play in the Waves on Board

Total 60 mins

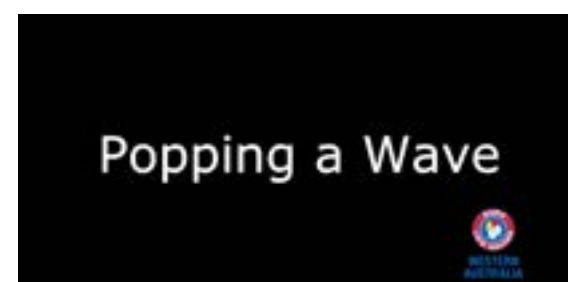
Tips:

If you run out of ideas for coaching try combining with other squads for variety.

EQUIPMENT NEEDED

Water Proof Stop Watch

Whistle



BOARD - BEGINNER

WEEK 5 - SESSION 19



WARM UP

10 mins Play in the Waves on Board

COACH PREPARATION

1 Buoy 200m out

TRAINING SESSION

3 sets of:

Easy out/Hard back

Hard out/Easy back

Hard out/Hard back

WARM DOWN

5 mins Play in the Waves on Board

Total 60 mins

Tips:

Ask athletes for feedback on your coaching to help you improve your sessions.

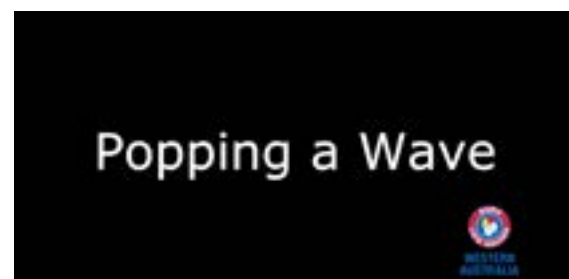
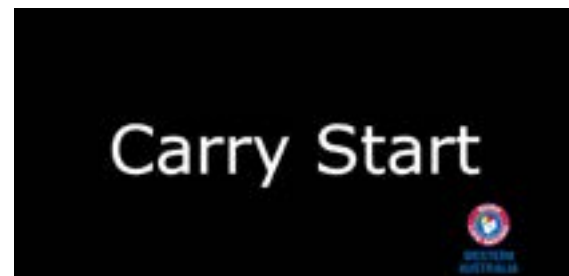
EQUIPMENT NEEDED

Water Proof Stop Watch

Put watch on Board Strap

Whistle

Buoy



BOARD - BEGINNER

WEEK 5 - SESSION 20



WARM UP

20 mins easy paddle

TRAINING SESSION

Starts and finishes for 30 mins
continuous - 60 strokes out max

PART 2

20 mins work on board finish quick
pick ups

WARM DOWN

10 mins Play in the Waves on Board

Total 90 mins

Tips:

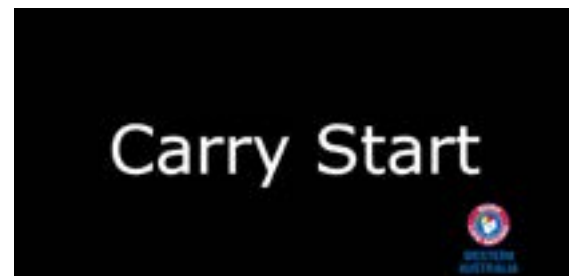
Planning a season can help the
organisation of your sessions to fit
around competitions.

EQUIPMENT NEEDED

Water Proof Stop Watch

Put watch on Board Strap

Whistle



BOARD - BEGINNER

WEEK 6 - SESSION 21



WARM UP

5 mins Play in the Waves on Board

TRAINING SESSION

6 mins easy

3 mins hard

6 mins easy

3 mins hard

3 mins easy

2 mins hard

3 mins easy

2 mins hard

1 mins easy

30 sec hard

1 mins easy

30 sec hard

There is to be no rest during this set

WARM DOWN

5 mins Play in the Waves on Board

Total 45 mins

Tips:

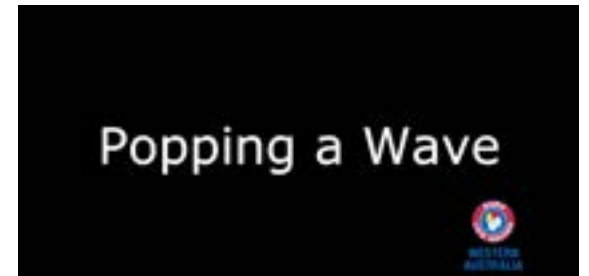
Technique can suffer when athletes are tired, this is when you will notice their areas to work on.

EQUIPMENT NEEDED

Water Proof Stop Watch

Put watch on Board Strap

Whistle



BOARD - BEGINNER

WEEK 6 - SESSION 22



WARM UP

5 mins easy paddle

TRAINING SESSION

4 sets of:

4 mins into the wind at a moderate pace

45 sec rest then race back to beach

PART 2

6 sets of:

1 min into wind hard

30 sec rest then race back to beach

PART 3

8 x 40 stroke sprints of the beach and easy back to beach

WARM DOWN

10 mins Play in the Waves on Board

Total 65 mins

Tips:

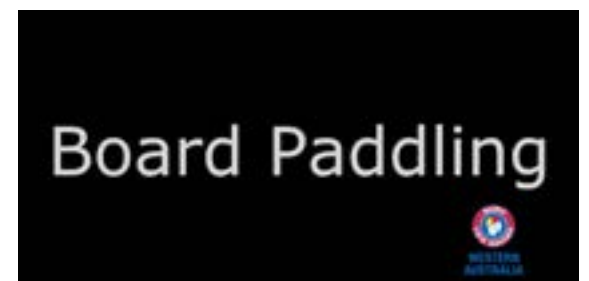
Upwind and downwind sessions can be good for fitness as the time on the board is increased due to the conditions.

EQUIPMENT NEEDED

Water Proof Stop Watch

Put watch on Board Strap

Whistle



BOARD - BEGINNER

WEEK 6 - SESSION 23



WARM UP

20 mins easy paddle

TRAINING SESSION

1km time trial

WARM DOWN

10 mins Play in the Waves on Board

Total 50 mins

Tips:

If the waves or conditions are unsuitable be prepared with a secondary training option.

EQUIPMENT NEEDED

Water Proof Stop Watch

Put watch on Board Strap

Whistle

Wave Roll



Popping a Wave



BOARD - BEGINNER

WEEK 6 - SESSION 24



WARM UP

20 mins continuous easy paddle

COACH PREPARATION

1 Buoy 200m out

TRAINING SESSION

45 mins of racing around the buoy
with 1 min rest between races

WARM DOWN

10 mins Play in the Waves on Board

Total 90 mins

Tips:

Use constant repetitive starts to work on
dive and glide.

EQUIPMENT NEEDED

Water Proof Stop Watch

Put watch on Board Strap

Whistle

Board Paddling



Wave Riding



BOARD - BEGINNER

WEEK 7 - SESSION 25



WARM UP

5 mins Play in the Waves on Board

TRAINING SESSION

3 sets of:
10 mins easy into wind
1 min rest
Race home

PART 2

8 x 60 stroke start and finishes
MAX Speed

WARM DOWN

5 mins Play in the Waves on Board

Total 60 mins

Tips:

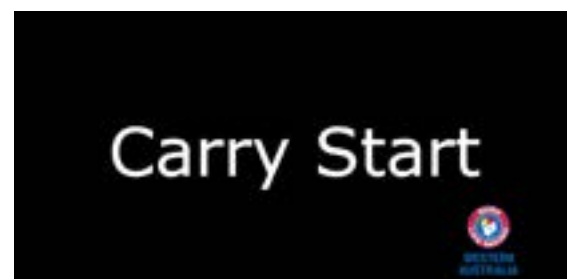
Video review of athlete technique can help to break up the sessions on the water.

EQUIPMENT NEEDED

Water Proof Stop Watch

Buoy

Whistle



BOARD - BEGINNER

WEEK 7 - SESSION 26



WARM UP

5 mins Play in the Waves on Board

COACH PREPARATION

1 Buoy 100m out
Start/finish pole + turning pole
100m apart

TRAINING SESSION

8 races with run start and finish

WARM DOWN

5 mins Play in the Waves on Board

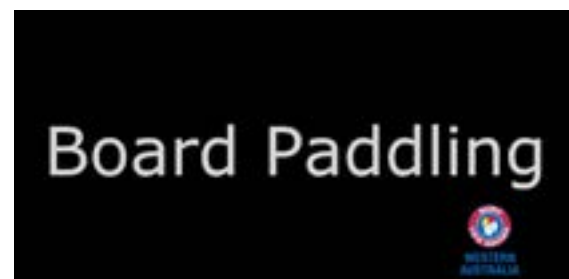
Total 50 mins

Tips:

Work on board pick-up and popping waves.

EQUIPMENT NEEDED

Water Proof Stop Watch
Whistle



BOARD - BEGINNER

WEEK 7 - SESSION 27



SESSION TO BE COMPLETED ON FLAT WATER - RIVER

WARM UP

5 mins

TRAINING SESSION

40 mins continuous paddle

WARM DOWN

5 mins

Total 50 mins

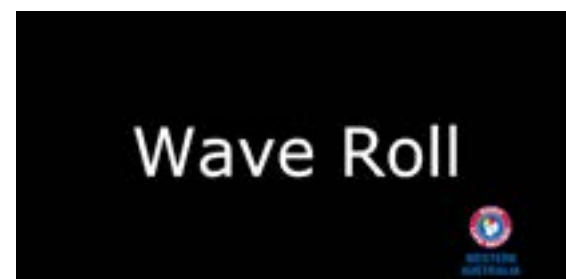
Tips:

Maximize active learning time for the athletes - they should learn something new every session.

EQUIPMENT NEEDED

Water Proof Stop Watch

Whistle



BOARD - BEGINNER

WEEK 7 - SESSION 28



WARM UP

20 mins continuous easy paddle

COACH PREPARATION

1 Buoy 100m out

TRAINING SESSION

45 mins racing around the buoy

1 min rest between races

PART 2

5 x 20 strokes hard starts

WARM DOWN

10 mins Play in the Waves on Board

Total 90 mins

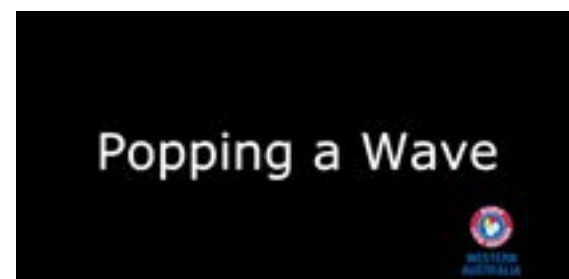
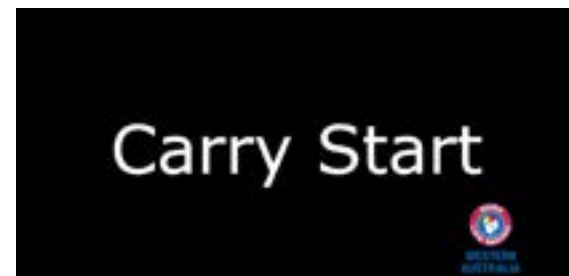
Tips:

Look for coach-able moments e.g. use athletes to demonstrate examples if they are competent in the skill.

EQUIPMENT NEEDED

Water Proof Stop Watch

Whistle



BOARD - BEGINNER

WEEK 8 - SESSION 29



WARM UP

5 mins Play in the Waves on Board

TRAINING SESSION

2 Sets of:

4 x 2 mins - each effort faster than the last

4 x 1 min hard

10 min easy paddle

WARM DOWN

10 mins Play in the Waves on Board

Total 65 mins

Tips:

As a coach always look to improve your coaching knowledge.

EQUIPMENT NEEDED

Water Proof Stop Watch

Whistle

Board Paddling



Popping a Wave



BOARD - BEGINNER

WEEK 8 - SESSION 30



WARM UP

5 mins Play in the Waves on Board

TRAINING SESSION

2 Sets of:
60 Strokes hard out off beach easy
back with 20 sec rest on beach
6 mins easy paddle out to sea
recovery
30 sec rest then race back to beach

WARM DOWN

20 mins Play in the Waves on Board

Total 55 mins

Tips:

Mental toughness can play a large part in success of an athlete.

EQUIPMENT NEEDED

Water Proof Stop Watch
Whistle



BOARD - BEGINNER

WEEK 8 - SESSION 31



WARM UP

5 mins Play in the Waves on Board

TRAINING SESSION

2 sets of:

15 mins into wind

45 sec rest then race home

PART 2

10 mins work on surf skills

WARM DOWN

5 mins Play in the Waves on Board

Total 65 mins

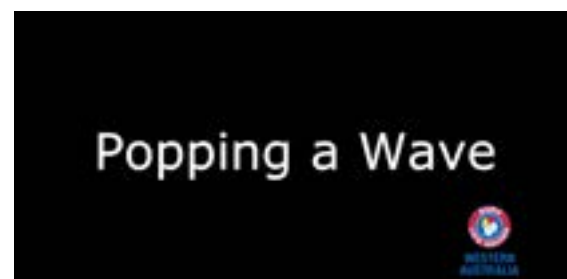
Tips:

Preparation before a race can make a big difference to how an athlete performs.

EQUIPMENT NEEDED

Water Proof Stop Watch

Whistle



BOARD - BEGINNER

WEEK 8 - SESSION 32



GO TO A DIFFERENT LOCATION

Have fun with starts and finishes

Get the athletes to choose favorite training drills

Add in some swimming and running

Total 60 mins

Tips:

Energy uptake during a carnival is important and must be maintained through light food.

EQUIPMENT NEEDED

Water Proof Stop Watch

Whistle

