

BOARD - INTERMEDIATE



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Department of
Sport and Recreation

SURF LIFE SAVING
WESTERN AUSTRALIA



BOARD TRAINING 4 WEEK BLOCK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BOARD</p> <p>5min warm up waves 10min easy paddle 10min moderate paddle 10min easy paddle 5min hard paddle Continuous no rest Waves warm down</p>	<p>BOARD</p> <p>5min warm up 40min easy paddle Continuous no rest</p>	<p>GYM</p>	<p>BOARD</p> <p>5min warm up 1 x 5min off beach 45sec then Race home 1 x 3min off beach 45rest then race home Set x 3</p>	<p>GYM + Mal waves</p>	<p>BOARD</p> <p>20min easy paddle warm up Board starts and finishes For 30min continuous 40 strokes max + 1 x 1min out max 30sec rest Race back with board finish Set x 10</p>	OFF
<p>BOARD/RUNS</p> <p>5min waves warm up 1 buoy 100mtr out Cone 50mtr up beach 3 x board /run continuous 3 x starts to the can 30sec rest Race back with board finish Set x 3 5min waves warm down</p>	<p>BOARD</p> <p>5min waves warm up 8min into the wind Mod pace 1min rest race back to beach 6min into wind Mod pace 1min rest race back to beach 4min into wind Mod pace 45sec rest race back to beach 10 x 40 stroke sprints of beach 5min warm down</p>	<p>GYM + Mal waves 40min With 5 x 40 stroke max sprints</p>	<p>BOARD (HARD)</p> <p>20min easy warm up Time Trial 1km</p>	<p>GYM + Mal waves</p>	<p>BOARD</p> <p>20min continuous easy board paddle Board starts and finishes For 40min continuous 50 strokes max + 5 x swim sprint finishes with 50mtr run short rest</p>	OFF
<p>BOARD/RUNS</p> <p>5min waves warm up 1 buoy 100mtr out Cone 50mtr up beach 4 x board /run continuous 5 x starts to the can 30sec rest Race back with board finish Set x 3 Waves warm down</p>	<p>BOARD</p> <p>5min waves warm up 3 x 15min 1 x Easy(talking pace) 1 x Moderate 60 – 70% 1 x Hard 80% - 90% 5min easy paddle warm down</p>	<p>GYM + 25min easy into the wind 3min rest race home Waves warm down</p>	<p>BOARD</p> <p>5min waves warm up 3 x 4min out to sea Easy/mod/hard 45sec rest race home Set x 3</p>	<p>GYM + 5min waves warm up 10 x 40 stroke sprints 4 x swim sprints + 50mtr sprint</p>	<p>BOARD</p> <p>20min continuous easy board paddle Board starts and finishes For 40min continuous 80 strokes max + 1 x 2min out max 30sec rest Race back with board finish Set x 10</p>	OFF
<p>BOARD</p> <p>5min waves warm up 4 x 3min descend 1-4 4 x 1min descend 1-4 10min easy paddle Set x 2 5min waves warm down</p>	<p>BOARD</p> <p>5min waves warm up 20 x 40strokes hard out easy back with 20sec rest 8min easy out to sea recovery 30sec rest then Race home 5min waves warm down</p>	<p>GYM + 30min easy paddle nothing hard With waves to finish</p>	<p>AFTERNOON OFF</p> <p>Mal waves work on skills Minimum 1 hour of fun</p>	<p>GYM + 5min waves warm up 10 x 50 stroke sprints 2 x swim sprints + 50mtr sprint</p>	<p>BOARD</p> <p>Take session to different location Have fun with starts and finishes + Add some swimming and running</p>	OFF

BOARD TRAINING 4 WEEK BLOCK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BOARD</p> <p>5min warm up waves 15min easy paddle 15min moderate paddle 10min easy paddle 5min hard paddle Continuous no rest Waves warm down</p>	<p>BOARD</p> <p>Paddle back 5min easy paddle 6km paddle down wind + 5 x 40stroke board starts MAX 5min waves warm down</p>	<p>GYM + Mal waves 30min Practice skills</p>	<p>BOARD</p> <p>10min waves warm up 1 buoy out 200mtr Easy out/hard back Hard out easy back Hard out and back Set x 3 RUN</p>	<p>GYM + Mal waves 30min With 5 x 20 stroke max sprints</p>	<p>BOARD</p> <p>20min continuous easy paddle Board starts and finishes For 40min continuous 50 strokes max + 5 x swim sprint finishes with 50mtr run short rest</p>	OFF
<p>BOARD/RUNS</p> <p>5min waves warm up 1 buoy 100mtr out Cone 50mtr up beach 4 x board /run continuous 4 x starts to the can 30sec rest Race back with board finish Set x 4 5min waves warm down</p>	<p>BOARD</p> <p>Paddle back 5min easy paddle 8-10km down wind</p>	<p>GYM + Mal waves 40min With 5 x 40 stroke max sprints</p>	<p>BOARD (HARD)</p> <p>20min easy warm up Time Trial 1km</p>	<p>GYM + Mal waves 40min With 5 x 40 stroke max sprints</p>	<p>BOARD</p> <p>20min continuous easy board paddle Board starts and finishes For 40min continuous 70 strokes max + 5 x swim sprint finishes with 80mtr run short rest</p>	OFF
<p>BOARD</p> <p>5min waves warm up 6 x 3min des 1-3/30sec rest out 1min rest race home 6 x 1min des 1-3/45sec rest out 1min rest race home 10min easy paddle 5 x 50 stroke start/finish MAX 5min waves warm down</p>	<p>BOARD RUNS</p> <p>5min waves warm up + jog Set buoy 200mtr out start/finish pole + tuning pole 100mtr apart 10 x races with run start and finish 5min warm down swim</p>	<p>GYM + 20min easy into the wind 3min rest race home Waves warm down</p>	<p>BOARD - FLAT WATER</p> <p>5min warm up 2 x 4min moderate pace 30sec rest 4 x 45sec MAX sprints 1min rest between Set x 4 5min warm down</p>	<p>GYM + Mal waves 50min With 5 x 60 stroke max sprints</p>	<p>BOARD</p> <p>20min continuous easy board paddle Board starts and finishes For 40min continuous 100 strokes max + 5 x swim sprint finishes with 80mtr run short rest</p>	OFF
<p>BOARD</p> <p>5min waves warm up 4 x 2min descend 1-4 4 x 1min hard 10min easy paddle Set x 2 5min waves warm down</p>	<p>BOARD</p> <p>5min waves warm up 15 x 60strokes hard starts easy back to beach with 20sec rest 6min easy out to sea recovery 30sec rest then Race home 20min waves warm down</p>	<p>GYM + Mal waves 1hour</p>	<p>BOARD</p> <p>5min waves warm up 3 x 2min out to sea Easy/hard/easy 45sec rest race home Set x 4</p>	<p>GYM + Mal waves 1hour</p>	<p>BOARD</p> <p>Take session to different location Have fun with starts and finishes + Add some swimming and running</p>	OFF