

SURF BOATS - INTERMEDIATE PROGRAM



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SURF LIFE SAVING
WESTERN AUSTRALIA



	ROW 1	ROW 2	ROW 3	ROW 4	ERGO	COMPETITION
12	<u>2 x 20 mins</u>	<u>5 min pieces</u> 5 x 5 mins	<u>2 min pieces</u> 8 x 2 mins		<u>7 min pieces</u> 3 x 7 mins	
11	<u>3 x 10 mins</u>	<u>Downwinder</u>	<u>90 sec off the beach</u> 8 x 90 secs off the beach		<u>1500m pieces</u> 4 x 1500m	<i>Carnival Comp</i>
10	<u>5 min pieces</u> 6 x 5 mins	<u>Stroke Pyramid</u> (with resistance)	<u>Surf Session</u>		<u>7 min pieces</u> 4 x 7 mins	<i>Carnival Comp</i>
9	<u>Downwinder</u>	<u>Course Pyramid</u>	<u>40 stroke starts</u> 10 x 40 stroke starts		<u>1000m pieces</u> 6 x 1000m	<i>Carnival Comp</i>
8	<u>3 x 10 mins</u>	<u>Courses</u> 4 x Full Courses Done when Seabreeze is in	<u>Stroke Pyramid</u> (with resistance)	<u>2 min pieces</u> 10 x 2mins on/2mins off (Include turn @ 1min)	<u>1500m pieces</u> 4 x 1500m	
7	<u>5 min pieces</u> 5 x 5mins	<u>1 min pieces</u> (6 x 1min on/2min off) x 2	<u>Starts & Turns</u>			<i>Carnival Comp</i>
6	<u>2 x 20 mins</u>	<u>5 min pieces</u> 6 x 5mins	<u>1 min pieces</u> (8 x 1min on/1min off) x 2	<u>Surf Session</u>	<u>1000m Race Simulation</u> 5 x 1000m	
5	<u>Course Pyramid</u>	<u>Downwinder</u>	<u>5 min pieces</u> 6 x 5mins	<u>40 stroke starts</u> 12 x 40 strokes starts	<u>1000m Race Simulation</u> 6 x 1000m	<i>Carnival Comp</i>
4	<u>Courses</u> 4 x Full Courses Done when Seabreeze is in	<u>2 min pieces</u> 10 x 2mins on/2mins off	<u>90 secs off the beach</u> 8 x 90 secs off the beach		<u>20 sec on/10 sec off</u> 8 x 20 sec on/10 sec off Done 3 times	<i>Carnival Comp</i>
3	<u>2 min pieces</u> 10 x 2mins on/2mins off (Include turn @ 1min)	<u>Downwinder</u>	<u>1 min pieces</u> (10 x 1min on/1min off) x 2		<u>1000m Race Simulation</u> 6 x 1000m	<i>Carnival Comp</i>
2	<u>2nd Half of Race</u>	<u>90 sec off the Beach</u> 8 x 90 secs off the beach	<u>Courses</u> 4 x Full Courses	<u>Surf Session</u>	<u>20 sec on/10 sec off</u> 6 x 20 sec on/10 sec off	
1	<u>Courses</u> 3 x Courses	<u>2 x 2 min; 4 x 1 min</u>	<u>Starts & Turns</u>			<i>Major Carnival</i>

Warm Up

10 mins warm up at 75%

Include technique drills

Finish with 2x 20 stroke pieces with 80-90% pressure

AEROBIC

2 x 20 mins

20 mins @ 75%

(5 mins @ SR 18; 5 mins @ SR 22) x 2

5 mins rest between sets

Include drills and focus pieces as appropriate

Focus: Timing and rhythm as a crew;
maintaining posture and form throughout piece

3 x 10mins

Warm up A

(10 power strokes every 2 mins)

SR 20-22 @ 80%

(4 mins rest off btw sets)

Focus: Power strokes - smooth power through the water;
strong body position at catch; finish the stroke off.
Between power sets - Maintaining form e.g tall posture,
maintaining slide length, keeping
the blade in the water for the duration of the stroke.

POWER

Stroke Pyramid (with resistance)

Warm up A

20 - 70 stroke pyramid (SR 18-22)

See notes.

Focus: getting weight on the oar early; pressure on the legs
Finish session with 4 x 30 str starts in deep water

MEDIUM ENDURANCE

5 min pieces

Warm up

5-6 x 5 min pieces

2 mins @ SR 22 - 80%;

2 mins @ SR 24 - 85%;

1 min @ 26 - 90%

3 mins rest between pieces

Focus: Finding the rating by applying pressure through the water;
maintaining posture and form throughout piece;

ANAEROBIC

2 min pieces

Warm up

8-10 x 2 mins on/2 mins off

on = 85-100%

off = 30 sec light rowing & 90 sec rest

(Optional: Include Buoy turn @ 1 min mark)

Focus: Catch timing; drawing up at finish;
finishing the stroke off in the water.

90 sec off beach

Warm up

8 x 90 sec off the beach

Done @ race pace

Rest = Light rowing back to shore.

Chase and catch a wave if available

Focus: Clean start; powerful off the beach;
skills through the break; transition; strong finishes
Finish session with turns

1 min pieces

Warm up

(8-10 x 1min on/1min off) x 2

on = 90-100%

off = light rowing

5 mins rest between sets

Focus: Sharp catches; weight on the legs; strong finishes

Downwinder

(Afternoon seabreeze required)

Drive 5-7km south of your surf club/finish point

Warm up B - heading west for 8mins

1min on @ 90-100%; 30secs active rest; 30secs off

(Vary SR up to Race Pace to chase skates)

Session is all the way back to Club/finish point

Number of sets will vary

Include a few trails and back to seats to practice skills.

Focus: Varying rating between base rhythm and
chasing skates; Crews reaction to changing rating

RACE PREPARATION

Course Pyramid

Warm up

2mins course (turn @ 1')

4mins course (turn @ 2')

then 6mins; 8mins; 6mins; 4mins; 2mins

2mins' passive rest between courses

Done @ race pace

Courses start and finish at the beach

Focus: 2-4min courses - sharp start & powerful out of the turn

6-8min courses - transition from start & mid race rhythm

Courses

Warm up

3-4 x Full Courses

Full rest between - rowers go for a short jog

First piece @ 80%; then rest @ race pace

Focus: *Race plan; race calls; transition between start to race rhythm to turn to race rhythm to finish.*

2nd Half of Race

Warm up

Start each piece 400m out from shore

Row in to shore at race pace

Done 6 times

Practice race start of the beach until past the break, then steady state rowing to 400m Start point.

Focus: Chasing every runner or wave; build intensity as you get close to the beach and race to the line.

2 x 2 min; 4 x 1 min

Warm up

2 mins rest between

Done at race pace

Finish session with starts and turns

Starts & Turns

Warm up

Practice 3-5 starts and 3-5 turns

Lots of rest between each

Focus on quality

SKILLS

Surf Session

Warm up

40-50 mins of going in and out through the break zone

Practice stopping and waiting for waves to break;
backing up in the break; trailing; holding oars clear on a wave;
slewing and rowers correcting the boat.

40 stroke starts

Warm up

10-12 x 40 stroke starts

Done @ race pace

Rest = Light rowing back to shore.

Chase and catch a wave if available

Focus: Clean start; powerful off the beach;
skills through the break; transition

Finish session with turns

ERGO SETS

7 min pieces

5 min Warm up

3-4 x 7min pieces

4 mins rest between pieces

SR 24 @ 80%

1500m pieces

5 min Warm up

4 x 1500m pieces

4 mins rest between sets

SR 24-26 @ 85%

(first piece @ 80% then 85% for rest)

1000m Race Simulation

5 min Warm up

5-6 x 1000m pieces

4 mins rest between pieces

Done @ race pace

Go through race plan

20 sec on/10 sec off

6-8 x 20 sec on/10 sec off

5 mins rest

Complete set 3 times

Done @ race pace