

# SURF SKI - INTERMEDIATE



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Department of  
Sport and Recreation

SURF LIFE SAVING  
**WESTERN AUSTRALIA**





# Surf Ski Training – Intermediate

WTP 2015: Week 1 Building

Perth xx/xx/2015

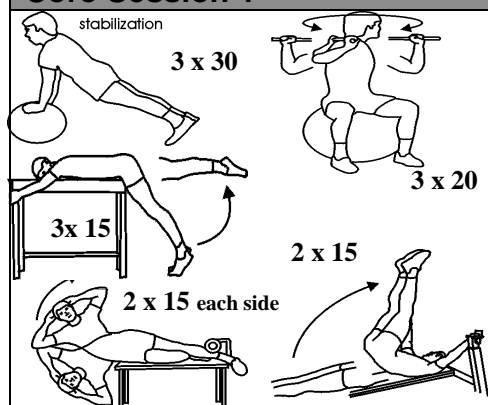
*\*All Sessions Should Include Small Warm Up Before Hand. Small Run (1km) or Swim etc.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <b>Local Pool</b>	6:30am <b>Beach</b>	Off	5.30am <b>Local Pool</b>	Off or Swimming	7:30am <b>Beach</b>	
<b>Swimming</b>	<b>Surf Ski</b> Skills Session Jump Starts etc		<b>Swimming</b>	<b>Swimming or OFF</b>	<b>Ironman</b>	
	<b>Gym</b> Core Session 2					
4:30pm <b>Beach</b>	4:30pm <b>Beach</b>	4.30pm <b>Lake</b>	4.30pm <b>Beach</b>	4:30pm <b>Beach</b>		
<b>Surf Ski.</b> 1 x 8 min 2 x 6 min 3 x 4 min  Wash leads home.(3-4 min leads each)	<b>RunSwimRuns</b>	<b>Surf Ski/ Creek:</b> Approx 2km Warm up (12- 15min) 5 x 250m timed. 2 x 100m with jump start.  (Only short session but Intense)  Keep track of individual times.	<b>Surf Ski.</b> 2' 4' 6' 8' 6' 4' 2' *1min Rest between 2' and 4min *2min rest between 6' and 8min	<b>Surf Ski.</b> 5 x QLD Shark nets.  <i>Hard off beach to 1<sup>st</sup> can, easy to 2<sup>nd</sup> can, hard chasing runners back to beach.</i>	Off	Off
<b>Gym</b> Core Session 1			<b>Gym</b> Core Session 3			

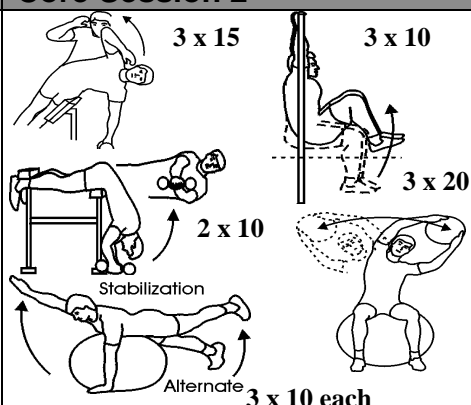
## Daily Information

Longer paddle to start the week. Good chance to get some lower end Km's up. Approx 60min	Solid pace throughout the entire 8min. Consistent, individual effort is the key. Minimal wash riding in this session.	Important to set up consistent 'course'. 250-300mtrs or approx 1min Max effort. This session will be done every week to gauge progress. Make sure to keep track of times in Diary or similar.	Small pyramid set. Strap watch onto foot strap of ski.	Set 2 cans up approx 300m off the beach and 150mtrs apart.		
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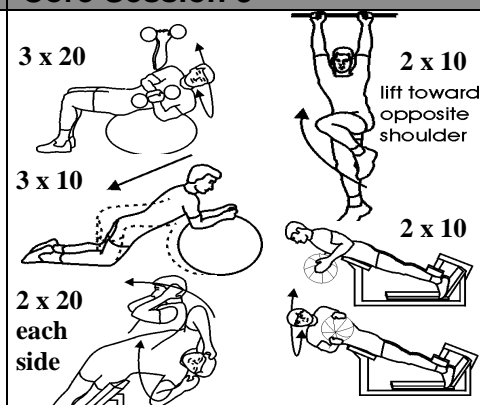
## Core Session 1



## Core Session 2



## Core Session 3



# Surf Ski Training – Intermediate

WTP 2015: Week 2 Building

Perth xx/xx/2015

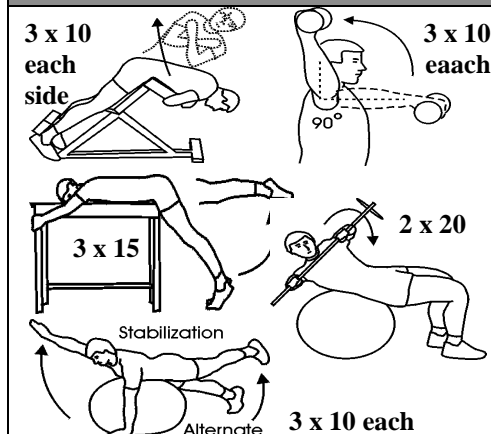
*\*All Session Should Include Small Warm Up (Week 2 is very similar to week 1 except slightly more volume.)*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <b>Local Pool</b>	6:30am <b>Beach</b>	Off	5.30am <b>Local Pool</b>	Off or Swimming	7:30am <b>Beach</b>	
<b>Swimming</b>	<b>Surf Ski</b> 4 x 8min 12min base		<b>Swimming</b>	<b>OFF or</b> <b>Swimming</b>	<b>Ironman</b>	
	<b>Gym</b> Core Session 5					
4:30pm <b>Beach</b>	4:30pm <b>Beach</b>	4.30pm <b>Lake</b>	4.30pm <b>Beach</b>	4:30pm <b>Beach</b>		
<b>Surf Ski.</b> 1 x 8min 2 x 6min 3 x 4min  Wash leads home (3-4min leads each)	<b>RunSwimRuns</b>	<b>Surf Ski/ Creek:</b> Approx 2km Warm up (12- 15min) 5 x 250m timed. 3 x 100m with jump start. (Only short session but Intense) Keep track of individual times.	<b>Surf Ski.</b> 3 x 3min 2 x 6min 1 x 3min  Wash leads back home.	<b>Surf Ski.</b> 5 - 6 x QLD Shark nets.  Jump start Hard off beach to 2 <sup>nd</sup> can, easy back to beach	Off	Off
<b>Gym</b> Core Session 4			<b>Gym</b> Core Session 6			

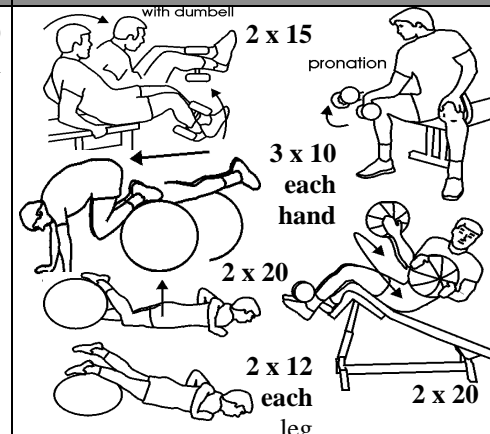
## Daily Information

Longer paddle to start the week. Good chance to get some lower end Km's up. Approx 70min. Strap watch to foot strap	Solid pace throughout the entire 8min. Consistent, individual effort is the key. Minimal wash riding in this session	Important to set up consistent 'course'. 250-300mtrs or approx 1min Max effort. This session will be done every week to gauge progress. Make sure to keep track of times in Diary or similar.	Pyramid set. Strap watch onto foot strap of ski. Strap watch onto foot strap of ski.	Set 2 cans up approx 300m off the beach and 150mtrs apart.		
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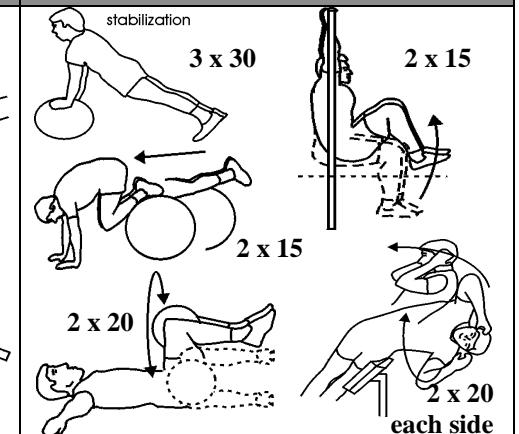
## Core Session 4



## Core Session 5



## Core Session 6



# Surf Ski Training – Intermediate

WTP 2015: Week 3 *Hard*

Perth xx/xx/2015

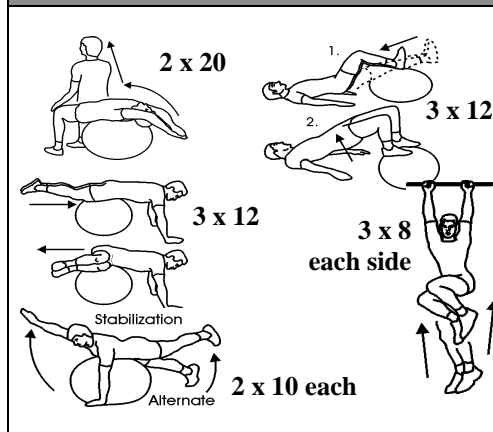
**All Session Should Include Small Warm Up Before Hand.** (Tuesday and Wednesday sessions will stay very similar every week)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <b>Local Pool</b>	6:30am <b>Beach</b>	Off	5.30am <b>Local Pool</b>	Off or Swimming	7:30am <b>Beach</b>	
<b><u>Swimming</u></b>	<b><u>Surf Ski</u></b> 5 x 8min 12min base Good rest.  <b><u>Gym</u></b> Core Session 8		<b><u>Swimming</u></b>	<b><u>OFF or</u></b> <b><u>Swimming</u></b>	<b><u>Ironman</u></b>	
4:30pm <b>Beach</b>	4:30pm <b>Beach</b>	4.30pm <b>Lake</b>	4.30pm <b>Beach</b>	4:30pm <b>Beach</b>		
<b><u>Surf Ski.</u></b> 8 x 4min solid pace 1 min rest between efforts	<b><u>RunSwimRuns</u></b>	<b><u>Surf Ski/</u></b> <b><u>Creek:</u></b> Approx 2km Warm up (12- 15min) 5 x 250m timed. 3 x 100m with jump start. (Only short session but Intense) Keep track of individual times.	<b><u>Surf Ski.</u></b> 2 x 5min 2 x 4min 2 x 3min  Done twice.	<b><u>Surf Ski.</u></b> 6 x QLD Shark nets.  1) Full effort solid 2) Hard to 2 <sup>nd</sup> can 3) Hard to 1 <sup>st</sup> can  Twice through.	Off	Off
<b><u>Gym</u></b> Core Session 7			<b><u>Gym</u></b> Core Session 1			

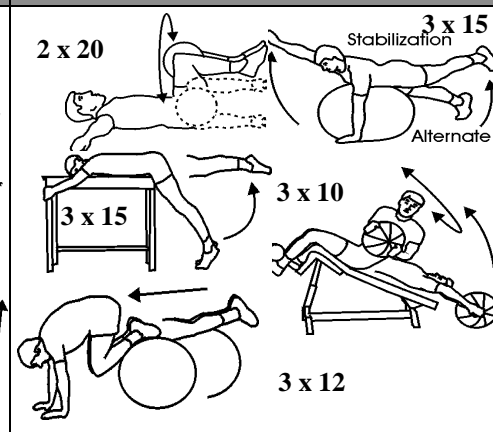
## Daily Information

Solid session to start week. Try to keep all 8 consistent speed.	Solid pace throughout the entire 8min. Consistent, individual effort is the key. Minimal wash riding in this session	Important to set up consistent 'course'. 250-300mtrs or approx 1min Max effort. This session will be done every week to gauge progress. Make sure to keep track of times in Diary or similar.	Pyramid set. Strap watch onto foot strap of ski. Second set can be done as wash leads (groups of 2) IF conditions are bad.	Set 2 cans up approx 300m off the beach and 150mtrs apart.		
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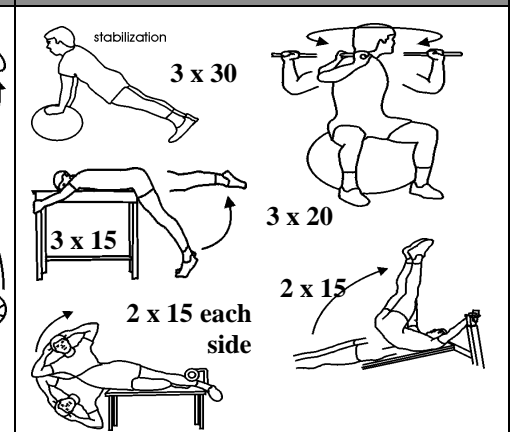
## Core Session 7



## Core Session 8



## Core Session 1



## WTP 2015: Week 4 *Easy*

<b>*All Sessions Should Include Small Warm Up Before Hand. (Easier week besides Wednesday)</b>						
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
5:30am <b>Local Pool</b>	6:30am <b>Beach</b>	Off	5.30am <b>Local Pool</b>	Off or Swimming	7:30am <b>Beach</b>	
<b><u>Swimming</u></b>	<b><u>Surf Ski</u></b> Skills Session Jump Starts etc		<b><u>Swimming</u></b>	<b><u>Swimming or OFF</u></b>	<b><u>Ironman</u></b>	
	<b><u>Gym</u></b> Core Session 2					
4:30pm <b>Beach</b>	4:30pm <b>Beach</b>	4.30pm <b>Lake</b>	4.30pm <b>Beach</b>	4:30pm <b>Beach</b>		
<b><u>Surf Ski.</u></b> 3 x 3 min 2 x 6 min 1 x 3 min  Wash leads or chasing runners home.	<b><u>RunSwimRuns</u></b>	<b><u>Surf Ski/ Creek:</u></b> Approx 2km Warm up (12- 15min) 5 x 250m timed. 3 x 100m with jump start.  (Only short session but Intense)  Keep track of individual times.	<b><u>Surf Ski.</u></b> 50min Wash lead session. 2-3min leads each	<b><u>Surf Ski.</u></b> 6 x QLD Shark nets.  <i>Jump start hard + 20 double strokes then easy to 2<sup>nd</sup> can chase runners back in.</i>	Off	Off
<b><u>Gym</u></b> Core Session 1			<b><u>Gym</u></b> Core Session 3			

Try to keep first half of session individual work, then group wash leads or chasing runners home	Skills Sessions – Jump starts, Sit in 'wave zone' practicing punching through waves.	Important to set up consistent 'course'. 250-300mtrs or approx 1min Max effort. This session will be done every week to gauge progress. Make sure to keep track of times in Diary or similar.	Strap watch onto foot strap of ski. Wash leads depending on conditions 2-3min leads.	Set 2 cans up approx 300m off the beach and 150mtrs apart.		
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The image displays 12 exercise diagrams arranged in a 3x4 grid. Each diagram includes a label and a repetition count:

- Diagram 1 (Top Left):** A person in a quadrupedal position with one leg extended back, holding a ball. Label: **stabilization 3 x 30**.
- Diagram 2 (Top Middle-Left):** A person in a quadrupedal position with one leg extended back, holding a ball. Label: **3 x 20**.
- Diagram 3 (Top Middle-Right):** A person in a quadrupedal position with one leg extended back, holding a ball. Label: **3 x 15**.
- Diagram 4 (Top Right):** A person in a quadrupedal position with one leg extended back, holding a ball. Label: **3 x 10**.
- Diagram 5 (Second Row Left):** A person lying on their back with legs raised and bent, holding a ball. Label: **3 x 15**.
- Diagram 6 (Second Row Middle-Left):** A person lying on their back with legs raised and bent, holding a ball. Label: **2 x 15**.
- Diagram 7 (Second Row Middle-Right):** A person in a quadrupedal position with one leg extended back, holding a ball. Label: **3 x 20**.
- Diagram 8 (Second Row Right):** A person in a quadrupedal position with one leg extended back, holding a ball. Label: **3 x 10**.
- Diagram 9 (Third Row Left):** A person lying on their back with legs raised and bent, holding a ball. Label: **2 x 15 each side**.
- Diagram 10 (Third Row Middle-Left):** A person lying on their back with legs raised and bent, holding a ball. Label: **2 x 10**.
- Diagram 11 (Third Row Middle-Right):** A person in a quadrupedal position with one leg extended back, holding a ball. Label: **3 x 10 each**.
- Diagram 12 (Third Row Right):** A person in a quadrupedal position with one leg extended back, holding a ball. Label: **2 x 10**.



# Surf Ski Training – Intermediate

WTP 2015: Week 5 *Hard*

Perth xx/xx/2015

*Solid start to the week, easing towards the end. Make sure to keep note of the 250m efforts.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <b>Local Pool</b>	6:30am <b>Beach</b>	Off	5.30am <b>Local Pool</b>	Off or Swimming	7:30am <b>Beach</b>	
<b><u>Swimming</u></b>	<b><u>Surf Ski</u></b> 4 x 8min + 12min base Good rest		<b><u>Swimming</u></b>	<b><u>OFF or</u></b> <b><u>Swimming</u></b>	<b><u>Ironman</u></b>	
	<b><u>Gym</u></b> Core Session 3					
4:30pm <b>Beach</b>	4:30pm <b>Beach</b>	4.30pm <b>Lake</b>	4.30pm <b>Beach</b>	4:30pm <b>Beach</b>		
<b><u>Surf Ski.</u></b> 15 - 20 x 2min 1min rest between with 4min rest after the 12 <sup>th</sup> effort	<b><u>Run Swim</u></b>  <b><u>Runs</u></b>	<b><u>Surf Ski/</u></b> <b><u>Creek:</u></b> Approx 2km Warm up (12- 15min) 5 x 250m timed. 3 x 100m with jump start.  (Only short session but Intense) Keep track of individual times.	<b><u>Surf Ski.</u></b> 1 x 40sec MAX 1.20 easy paddling 1 x 30sec MAX 1.30 easy paddling 2 x 15sec MAX 1.45 easy paddling 4-5x sets. 3-5min rest between sets.	<b><u>Surf Ski.</u></b> 1min hard off beach easy back. 2min hard off beach easy back 3min " 2min " 1min " 4 x Sets. No set rest. *All with hard jump starts.	Off	Off
<b><u>Gym</u></b> Core Session 1 & 2			<b><u>Gym</u></b> Core Session 4 & 5			

## Daily Information

Longer rest after the 10 <sup>th</sup> -12 <sup>th</sup> effort. 1 min rest for all the others.	Solid pace throughout the entire 8min. Consistent, individual effort is the key. Minimal wash-riding	Important to set up consistent 'course'. 250-300mtrs or approx 1min Max effort. This session will be done every week to gauge progress. Make sure to keep track of times in Diary or similar..	Solid Speed session!! Max efforts!! Strap watch onto foot strap of ski.	1,2,3,2,1min x 4 sets. No set rest.		
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Core Session 1	Core Session 2	Core Session 3	Core Session 4	Core Session 5

# Surf Ski Training – Intermediate

WTP 2015: Week 6 *Hard*

Perth xx/xx/2015

*Another solid week. This is where some good fitness and strength should start to show.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <b>Local Pool</b>	6:30am <b>Beach</b>	Off	5.30am <b>Local Pool</b>	Off or Swimming	7:30am <b>Beach</b>	
<b>Swimming</b>	<b>Surf Ski</b> 4 x 8min + 12min base *Push the pace this week!!		<b>Swimming</b>	<b>OFF or Swimming</b>	<b>Ironman</b>	
	<b>Gym</b> Core Session 6					
4:30pm <b>Beach</b>	4:30pm <b>Beach</b>	4.30pm <b>Lake</b>	4.30pm <b>Beach</b>	4:30pm <b>Beach</b>		
<b>Surf Ski.</b> 4 - 6 x Qld Shark Nets 1)Full effort hard 2)hard easy hard 3)easy hard hard x2 sets	<b>Run Swim Runs</b>	<b>Surf Ski/ Creek:</b> Approx 2km Warm up (12- 15min) 5 x 250m – timed. 3 x 100m with jump start. (Only short session but Intense) Keep track of individual times.	<b>Surf Ski.</b> 4,3,2,1 min. x 3 sets As the efforts get shorter so does the intensity.	<b>Surf Ski.</b> 5 x 2min 2 x 4min 5 x 2min (No wash leads back)  1min rest between 2's, 2min rest between 4's	Off	Off
<b>Gym</b> Core Session 3 & 5			<b>Gym</b> Core Session 7 & 8			

## Daily Information

No set rest, emphasis on making the efforts quality.	Solid pace throughout the entire 8min. Consistent, individual effort is the key. Minimal wash-riding	Important to set up consistent 'course'. 250-300mtrs or approx 1min Max effort. This session will be done every week to gauge progress. Make sure to keep track of times in Diary or similar. Less efforts this week.	As the efforts get shorter the intensity should go up. The 1's should be close to Max.	Good consistent pace.		
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Core Session 3	Core Session 5	Core Session 6	Core Session 7	Core Session 8

# Surf Ski Training – Intermediate

WTP 2015: Week 7 *Hard-Easy*

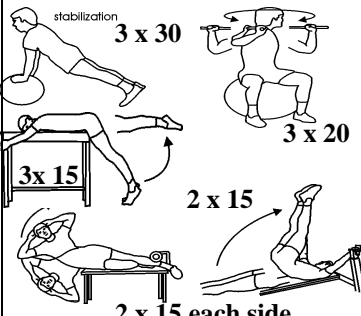
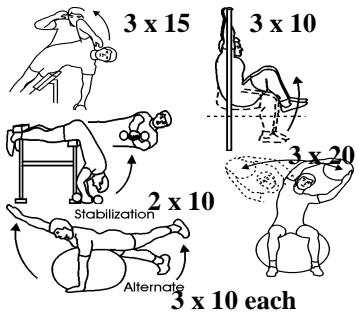
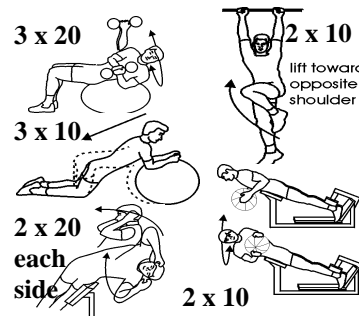
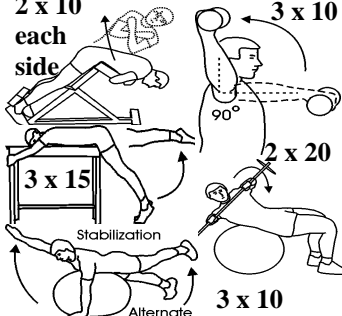
Perth xx/xx/2015

*Solid start to the week, easing towards the end. Make sure to keep note of the 250m efforts.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <b>Local Pool</b>	6:30am <b>Beach</b>	Off	5.30am <b>Local Pool</b>	Off or Swimming	7:30am <b>Beach</b>	
<b><u>Swimming</u></b>	<b><u>Surf Ski</u></b> 3 x 8min 12min base +3 jump starts (approx 10 double strokes) *Push the pace this week!!  <b><u>Gym</u></b> Core Session 3		<b><u>Swimming</u></b>	<b><u>OFF or Swimming</u></b>	<b><u>Ironman</u></b>	
4:30pm <b>Beach</b>	4:30pm <b>Beach</b>	4.30pm <b>Lake</b>	4.30pm <b>Beach</b>	4:30pm <b>Beach</b>		
<b><u>Surf Ski.</u></b> 8 - 10 x 3min 1min rest between with longer rest (4min) only after the 7 <sup>th</sup> effort  <b><u>Gym</u></b> Core Session 1 & 2	<b><u>RunSwimRuns</u></b>	<b><u>Surf Ski/ Creek:</u></b> Approx 2km Warm up (12- 15min) 5 x 250m timed. 3 x 100m with jump start. (Only short session but Intense) Keep track of individual times.	<b><u>Surf Ski.</u></b> Skill Session.  Catch waves / Have fun.  Few jump starts etc  <b><u>Gym</u></b> Core Session 4	<b><u>Surf Ski.</u></b> 5 x QLD Shark Nets <b>1) Hard to 2<sup>nd</sup> Can</b> <b>2) Hard to 1<sup>st</sup> Can</b> <b>3) Easy to 2<sup>nd</sup> Can,</b>  Hard back to shore <b>X 2 Sets</b>	Off	Off

## Daily Information

All efforts should be done at a solid consistent pace. Longer rest after the 5 <sup>th</sup> - 7 <sup>th</sup> effort.	Solid pace throughout the entire 8min. Consistent, individual effort is the key. Minimal wash-riding	Important to set up consistent 'course'. 250-300mtrs or approx 1min Max effort. This session will be done every week to gauge progress. Make sure to keep track of times in Diary or similar.	Skills session. Keep it fun!	Good consistent pace.		
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Core Session 1	Core Session 2	Core Session 3	Core Session 4
			



# Surf Ski Training – Intermediate

WTP 2015: Week 8 *Easy*

Perth xx/xx/2015

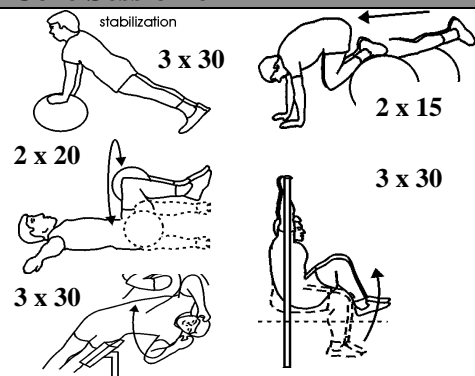
*\*All Sessions should have a small warm up before hand.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <b>Local Pool</b>	6:30am <b>Beach</b>	Off	5.30am <b>Local Pool</b>	Off or Swimming	7:30am <b>Beach</b>	
<b><u>Swimming</u></b>	<b><u>Surf Ski</u></b> 3 x 8min + Start to think about race tactics 12min base Good technique  <b><u>Gym</u></b> Core Session 7		<b><u>Swimming</u></b>	<b><u>OFF or</u></b> <b><u>Swimming</u></b>	<b><u>Ironman</u></b>	
4:30pm <b>Beach</b>	4:30pm <b>Beach</b>	4.30pm <b>Lake</b>	4.30pm <b>Beach</b>	4:30pm <b>Beach</b>		
<b><u>Surf Ski.</u></b> 3 x 3 min 2 x 5 min 3 x 2 min Wash-leads Home/Chase runners  <b><u>Gym</u></b> Core Session 6	<b><u>Run Swim</u></b>  <b><u>Runs</u></b>	<b><u>Surf Ski/</u></b> <b><u>Creek:</u></b> Approx 2km Warm up (12- 15min) 4 x 250m timed. 2 x 100m with jump start. (Only short session but Intense) <b>Keep track of individual times.</b>	<b><u>Surf Ski.</u></b> Catching waves and Runners session. Practice late take offs, punching through waves etc  <b><u>Gym</u></b> Core Sess 8	<b><u>Surf Ski.</u></b> 6 x 2min 8 x 1min (All with jump starts)  1 min between efforts, 3 min between sets.	Off	Off

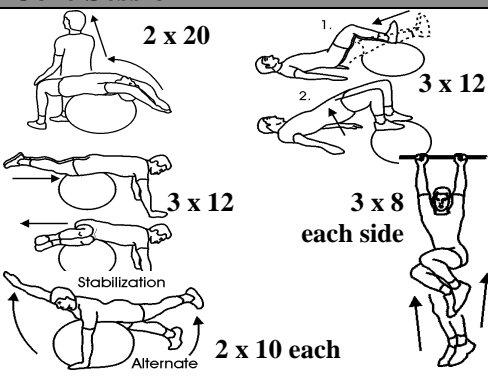
## Daily Information

Easy low end Km's	Good Technique throughout the entire 8min. Consistent, individual effort is the key. Minimal wash-riding in this session	Important to set up consistent 'course'. 250-300mtrs or approx 1min Max effort. This session will be done every week to gauge progress. Make sure to keep track of times in Diary or similar.	Wave catching and skill session.	Short Session, only 20min of paddling effort. All efforts done with jump starts.		
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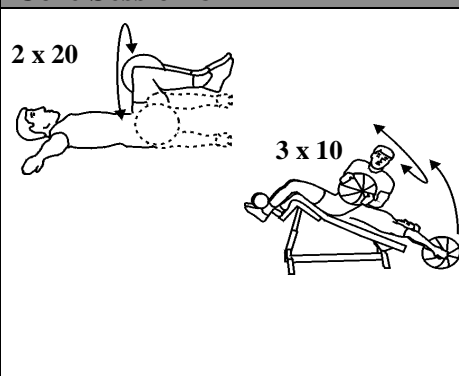
### Core Session 6



### Core Session 7



### Core Session 8



# Surf Ski Training – Intermediate

WTP 2015: Week 9 Medium

Perth xx/xx/2015

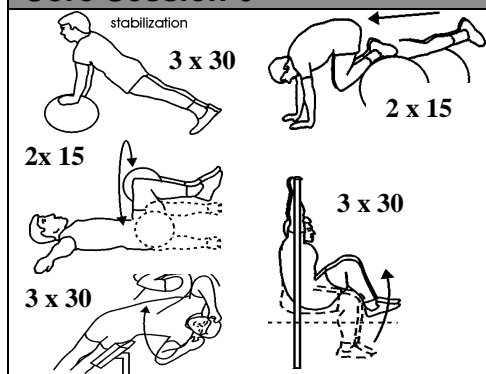
Sessions are getting smaller in volume but should start to be of real quality.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <b>Local Pool</b>	6:30am <b>Beach</b>	Off	5.30am <b>Local Pool</b>	Off or Swimming	7:30am <b>Beach</b>	
<b><u>Swimming</u></b> <b><u>or OFF</u></b>	<b><u>Surf Ski</u></b> 2 x 8min 2 x 4min + Start to think about race tactics Good technique  <b><u>Gym</u></b> Core Session 7		<b><u>Swimming</u></b> <b><u>or OFF</u></b>	<b><u>OFF</u></b>	<b><u>Ironman</u></b>	
4:30pm <b>Beach</b>	4:30pm <b>Beach</b>	4.30pm <b>Lake</b>	4.30pm <b>Beach</b>	4:30pm <b>Beach</b>		
<b><u>Surf Ski.</u></b> 3 x starts off the beach approx 100m 4 x 4min (increase speed) 3 x starts off beach 100m  <b><u>Gym</u></b> Core Session 6	<b><u>Run Swim</u></b> <b><u>Runs</u></b>	<b><u>Surf Ski/</u></b> <b><u>Creek:</u></b> Approx 2km Warm up (12- 15min) 3 x 250m timed. 2 x 100m with jump start. (Only short session but Intense) <b>Keep track of individual times.</b>	<b><u>Surf Ski.</u></b> Catching waves and Runners session. Practice late take offs, punching through waves etc  <b><u>Gym</u></b> Core Sess 8	<b><u>Surf Ski.</u></b> 6 x 4min Low end km's  Or 5 x Qld Shark Nets	Off	Off

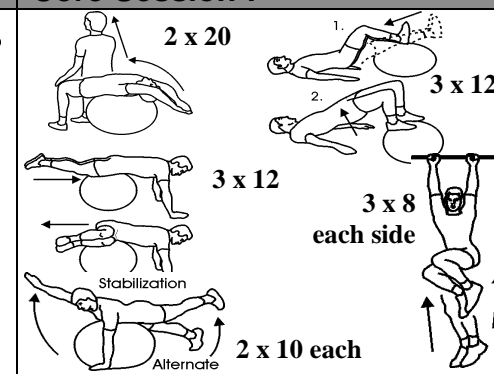
## Daily Information

All starts are off the beach. 4 x 4min should be after the 3 <sup>rd</sup> start and stay out in the water.	Good technique throughout entire 8&4min Consistent, individual effort is the key. Minimal wash-riding in this session	Important to set up consistent 'course'. 250-300mtrs or approx 1min Max effort. This session will be done every week to gauge progress. Make sure to keep track of times in Diary or similar. <b>Less efforts this week.</b>	Wave catching and skill session	Make judgment on how group is going. No need to make the group tired or drained.		
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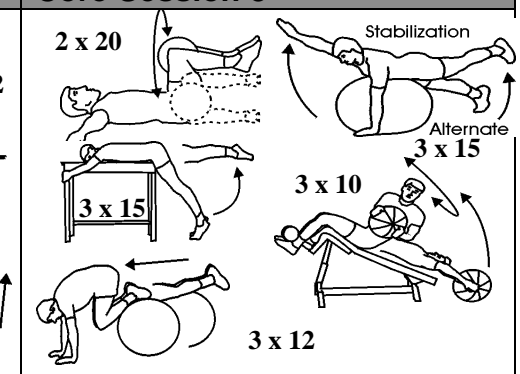
## Core Session 6



## Core Session 7



## Core Session 8



# Surf Ski Training – Intermediate

WTP 2015: Week 10 Race Weekend

Perth xx/xx/2015

*Taper week. This week is all about the individual. Should start to feel like the individual is 'jumping out of their skin'*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <b>Local Pool</b>	6:30am <b>Beach</b>	Off	5.30am <b>Local Pool</b>	Off or Swimming		
<b><u>Swimming</u></b> <b>or OFF</b>	<b><u>Surf Ski</u></b> 1 x 8min 1 x 6min 2 x 4min + Start to think about race tactics. Anything goes  <b><u>Gym</u></b> Small Gym session. Choose only 4-5 exercises		<b><u>Swimming</u></b> <b>or OFF</b>	<b><u>OFF</u></b>	<b><u>Race</u></b>	<b><u>Race</u></b>
4:30pm <b>Beach</b>	4:30pm <b>Beach</b>	4.30pm <b>Lake</b>	4.30pm <b>Beach</b>	4:30pm <b>Beach</b>		
<b><u>Surf Ski.</u></b> 3 x starts off the beach. 8 x 2min 2-3 x starts off the beach.  <b><u>Gym</u></b> Core Session 6		<b><u>Surf Ski /</u></b> <b><u>Creek:</u></b> *Practice race warm up. 2 x 250mtr 2 x 100mtr Very short session but should be very close to race.	<b><u>Surf Ski.</u></b> 1 x 5min 1 x 4min 2 x 3min 2 x 2min 2 x 1min All efforts as individual feel. Approx 70-80%  <b><u>Gym</u></b> Off	<b><u>Surf Ski.</u></b> Check conditions of beach. Look for Any sort of assistance – RIPS/ Deep Water/ Distance to cans etc 3-5 starts off beach. 3-5 hard finishes +Individual Paddle.		

## Daily Information

All starts are off the beach. Stay out in the water after 3 <sup>rd</sup> start and start efforts from there.	`8,6,4min done as anything goes. Wash ride, cut people off, anything goes.	Practice 'race warm up'. Might find the individual needs more or less warm up after judging the 250m efforts. This may determine their warm up for the weekend.	Wave catching and skill session	A few hard starts and finishes + individual paddle. Checking conditions as a group before the session.		
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## Core Session 6

3 x 30's	2 x 15's	2 x 20	2 x 15	2 x 20 (both sides)
