

Fitness for Paddlesports

Level / Time

This 3-hour module is aimed at Level 1 and 2 Coaches.

Introduction

This module is designed to introduce competition and recreational coaches to the key concepts of fitness – training, nutrition and physiology. It is intended as a standalone module such that paddlers and coaches can attend with no prior knowledge of sports science should be able to attend and access all the delivered material.

Learning Outcomes

By the end of this workshop participants should be able to:

- Provide the details of a normal balanced diet
- Explain the links between diet and performance
- Discuss conditioning training for their paddlesport discipline(s)
- Identify the benefits of strength training for canoe and kayak
- Describe the reasons behind planning for and regularly monitoring fitness programmes for paddlers