

Flatwater workouts:

Stroke naming:

- **Bow sweep:** shaft parallel to water, blade moves from bow to parallel with hips
- **Stern sweep:** shaft parallel to water, blade moves from hips to stern
- **Bow draw:** Vertical shaft, power face open to bow (can be static or dynamic, dynamic = power face "drawn" to feet/bow)
- **Stern pry:** shaft parallel to water, blade moves from stern to parallel with hips

Warm-up:

- 10 minutes **forward** paddle, 25-50% effort
- 50 **backwards** strokes (1 stroke = L/R or R/L)
- **Bow sweep + stern pry** combo (boat flat); 10 clockwise spins, 10 counterclockwise spins
- 50 strokes holding on **R edge**; 50 on **L edge**

Forward stroke technique:

- **"Taps":** Practice catch, immediately pull blade out of the water, follow up with forward stroke. 10x R/ L sides. Make sure full blade is inserted during the catch
- **Pause mid-stroke** after blade exit (wind up for opposite side). Check form and torso rotation. Continue with stroke. 10x R/ L sides
- **"Frankenstein":** 20 strokes with locked elbows
- 10 x **R blade only**; 10x **L blade only**. Repeat.

Sprints/ power bursts:

- 20 strokes at 75=100% effort; rest 30 seconds. Repeat 5x
- 20 strokes at 50% effort, 20 strokes at 75-100% effort.
Repeat 5x
- From stop: 10 strokes at 100%, glide to stop. Repeat 5x
- Good to do these later on in a workout when you're starting to get tired :-)
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Spins/ pivots/ directional control:

- **Figure 8**, use whatever stroke combo works
- Figure 8, only paddle on **INSIDE** of turn
- **"Box" drill**: 5 forward strokes, stern sweep + bow draw to turn 90 degrees. 4x turning right, 4x turning left. Repeat 5x
- **"Zig-zag"**: 5 forward strokes, stern sweep R; 5 strokes, stern sweep L. Repeat 5x
- **Bow sweep + stern pry combo** (boat edged to outside of turn); 5x clockwise, 5x counterclockwise
- **Stern pry + bow draw combo**; 5x clockwise, 5x ccw
- **"Moving 360s"**: Paddle forward 5 strokes, bow sweep + stern pry + bow draw to spin 360 degrees cw; paddle forward 5 strokes, same combo to spin 360 degrees ccw
- **"Back and forth"**: Paddle forward 5 strokes, spin 180 degrees (what-ever combo allows you to do this the fastest); 5 forward strokes, 180 degree spin; Repeat 5x CW and CCW
- **5 forward strokes**, static bow draw to turn 90 degrees, forward stroke without removing blade from water. Repeat 10x R/L

"Power-outs" (burst of speed coming out of an upstream gate):

- Any type of spin/ directional change stroke IMMEDIATELY followed by 4-5 forward strokes at 75-100%.