

Additional Information on the Senior Training Program

(Posted 5 Nov 09)

Fitness for Surf sessions are aimed at newer senior club members, members who've been involved in winter sports and members who aren't interested in senior competition. These sessions aim to provide members with a general fitness workout which incorporates basic board paddling, surf swimming and ski paddling.

Fitness for Surf will be held on a 4 week trial basis on Wednesday's and Thursday's at 4.15pm. The training fee will not apply for members who attend these sessions for the first month - when a review of the programs success will determine whether these sessions will continue and if the training fee should then apply.

If you are interested in helping to coach these sessions please contact me. Fitness for Surf will also provide opportunities to coach coaches.

Racing/Surf Skills sessions will be held at 4.15pm on Friday nights. Focussing on starts, finishes, turns, negotiating surf. These sessions will be open to senior athletes and C groupers who have sound paddling technique.

Surf Sessions are planned for Friday nights or Sunday's and depending on the conditions they will either be held at venues such as Te Ari or Muriwai. There are quite a few scheduled between now and Xmas. Conditions will have to be diabolical for these sessions to be cancelled. Consider these sessions as must attend! We can't improve our surf skills without getting out in it.

Changes to ski sessions. The current group of beginners ski paddlers are now ready to step up. On Thursday the beginners will start working with an intermediate group, whilst an elite group train separately on a more intense session. The elite group will also be trialled for 1 month. I am sorting out the composition of the elite group at the moment. Opportunities for newbies to try ski paddling will be in the Fitness for Surf sessions.

Board sessions are open to all senior members. From now on, most of our sessions are conducted off the beach in front of the club, so it is easier to modify sessions to suit each individual paddler i.e. more or less distance, intensity or recovery.

Sunday's sessions. Ski and Ironman sessions will alternate from week to week depending on the tides. I'll let you know what the sessions are by Friday at the latest. Morning sessions will be at 8am to allow senior athletes to help with nipper training. Afternoon sessions will be held at 4pm.