

Training For Ocean racing

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Apresentar

HOW TO TRAIN FOR OCEAN SKI RACING

COVERING THE PHYSIOLOGY, TECHNICAL & TACTICAL ASPECTS

CONSIDERATIONS

THE PLAN

POST RACE

THE RACE

**ON THE
DAY**





**THINGS TO
CONSIDER BEFORE
YOU START
PLANNING**



THE RACE

YOURSELF

GOALS



THE RACE

To know how to prepare, you
need to know what you are in for!

#TECHNICAL #TACTICAL #PHYSIOLOGICAL

KNOW YOURSELF

- Strengths
- Weaknesses
- Current fitness level

#TECHNICAL #TACTICAL #PHYSIOLOGICAL



YOUR GOALS



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Set up some MEASURABLE goals:

- Position
- Time
- Compared to last year
- Rival

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MAIN POINTS

- Base line testing, then retest
- Periodise the training load
- Build in the technical elements
- Downwind vs flat water vs upwind
- Start type
- Finish - beach sprint / big surf?
- Practice the course

TESTING

PERIODISATION

TECHNICAL

TACTICAL

TESTING OPTIONS

- Lactate test
- Field Test - Zone set up
- Efficiency Test
- Speed Test
- Custom / DIY
- Re-Test



PERIODISATION - MAIN POINTS

- Block or Linear
- Work backwards from race date
- Cycles
- Focus
- Strength / Cross Training
- Recovery / Rest



BUILD THE TECHNICAL ELEMENTS IN TO YOUR TRAINING PLAN

- Downwind vs flat water vs upwind
- Start type
- Finish - beach sprint / big surf?
- Practice the course



ANJA WIEHL 2013

TACTICAL

- Race day tactics - course, start, competitors
- Finish line - knowledge & plan (big surf etc)
- Nutrition



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RACE DAY



EQUIPMENT

NUTRITION

TRANSPORT

SAFETY

EQUIPMENT

- Check your boat, and then AGAIN!
- Paddle
- Leash
- Drinking System



The background of the slide is a photograph of several kayakers on a river. The water is a deep blue-green color with some white foam from the kayakers' paddles. In the foreground on the right, there are large, smooth, grey rocks. A large, solid purple circle is centered on the slide, containing the title and list. The overall scene is outdoors and appears to be a recreational or competitive kayaking activity.

NUTRITION & HYDRATION

- Depending on race length
- Don't try anything new on race day!
- < 60 min vs 60 min +



TRANSPORT

- How far to the race start
- Boat transport
- After race
- Expect the best, plan for the worst

A photograph of several surfers in the ocean. They are wearing wetsuits and are gathered near a large, smooth rock formation on the right side of the frame. The water is a deep blue-green color. A large, semi-transparent purple circle is overlaid on the center of the image, containing the text 'SAFETY' and a list of safety rules.

SAFETY

- Race rules
- Your rules
- Remount in ALL conditions, with PFD & leash

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POST RACE

- Recovery Plan
 - nutrition, warmth, party
- Post Race Analysis
 - data, feelings

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