

Here are a couple of sample sessions to help increase cadence.

1. Perform intense efforts at distances shorter than you intend to race. If you are racing over 10km do 5km efforts, and for 1km sprints do efforts of 500m. The key is to maintain high cadence, similar to you intended race cadence, over these shorter distances to build neuromuscular connections and develop quick arms. Aim for a one hour session with work to rest ration of about 2:1 . Ensure you maintain good technique at the higher cadence and if you are not able to maintain form, then stop and rest.
2. K2's and double multisport boats are always paddled with a slightly higher cadence so repeat the session above in a team boat.
3. If you find it easy to maintain these higher cadences work on gradually lengthening your paddle which will increase your speed but ensure you can still sustain the higher cadence. As you approach your racing season build up your sessions to full race distance at race cadence.

Real time cadence feedback enables you to convert those nonproductive training days into valuable on water sessions. Smart training is about clearly identifying what you are trying to achieve with each of your training sessions. With fixed cadence sessions you are using real time cadence feedback to develop a powerful efficient paddling technique which will help you develop more power in each stroke. Using the race cadence sessions you are developing quick arms and the ability to sustain high cadence over your race distance. Cadence feedback using the Vaaka kayak cadence sensor is the new guy on the block. Kayak coaches are still exploring new ways of incorporating cadence feedback into training sessions.

Distributed by:



FitnessLifestyle

Tel. 1300 668 335

Mob. (+61) 418 106656

Email. sales@fitnesslifestyle.com.au

www.FitnessPaddlers.com.au