



HAYWOOD SPORTS FREE TRAINING SESSIONS PACK

6 Session Plans to kick start your
Training with Haywood Sports

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RULE OF 3

Interval: 3 mins

Rest: 3 mins

Sets: 10

Time: 1 hr



Set intensity

EACH SET SHOULD BE PROGRESSIVELY HARDER THAN THE LAST.

START OF EASY AND BUILD THE INTENSITY SLOWLY.

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ESTABLISHED 2012

DRIVE AND GLIDE

Interval: 7 mins

Rest: 3 mins

Sets: 6 + 10min warm up

Time: 70 mins

The warm-up should be steady paddling with short bursts every couple of minutes.

Focus on a long, smooth stroke with good form and maximum glide

RPE Scale 4 - 6 Moderate Activity

**BREATHING HEAVILY - CAN HOLD A SHORT CONVERSATION.
STILL SOMEWHAT COMFORTABLE, BUT BECOMING NOTICEABLE
MORE CHALLENGING.**

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THE PYRAMID

Intervals: 1, 2, 3, 4 & 5 mins

Rest: 1 min

Pyramids: 2

Time: 64 mins

Start with the 1min interval then take a 1 min rest.
Next its teh 2, 3 4 & 5 min intervals with a 1 min rest in between each. After the 5 min go back down through 4, 3, 2 & 1 again before restarting after anotehr 1 min rest.

RPE Scale: 4-6 Moderate Activity

BREATHING HEAVILY - CAN HOLD A SHORT CONVERSATION. STILL SOMEWHAT COMFORTABLE, BUT BECOMING NOTICEABLE MORE CHALLENGING.

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ESTABLISHED 2012

THE 4X2

Interval: 4 mins

Rest: 2 mins

Sets: min 5 - max 10

Time: max 60 mins

RPE Scale 7-8 Vigorous Activity

**BORDERLINE UNCOMFORTABLE. SHORT OF BREATH,
YOU CAN JUST ABOUT SPEAK A SENTENCE.**

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THE BACKWARDS THE ONE

Interval: 1min
Rest: 3mins

Sets: 10

Time: 60mins

Take a longer rest than you work performing each interval at the RPE scale and use the Rest as active recovery, paddling steadily.
Warm-up and cool down with 10 mins either side.

RPE Scale: 7-8 Vigorous Activity

BOARDERLINE UNCOMFORTABLE. SHORT OF BREATH, CAN JUST ABOUT SPEAK A SENTENCE

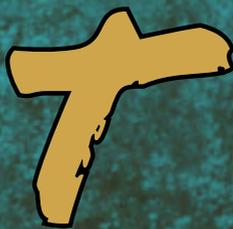
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**TAKEING
IT
EASY**

10 min Warm-Up
15 mins Steady
30 mins Moderate
15 min Cool-down

Time: 70 mins

A recovery session is just as important as your hardest ones. Take it easy whilst still keeping things moving.

RPE Scale 2-3 Light Activity

FEELS LIKE YOU CAN MAINTAIN FOR HOURS. EASY TO BREATHE AND CARRY A CONVERSATION.

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