

## SAMPLE SHORT-TERM INDIVIDUALIZED TRAINING PROGRAM, surfski/kayak racing

Activity	Location
Initial individual technique session (2-3 hrs), including baseline video and post-session coach's analysis (teleconf). Full price.	Petaluma River
Five to eight additional subsequent technique sessions (1.5 - 2.5 hrs), approximately 2 weeks apart to allow practice in between sessions, with goalsetting, metrics, and progress video & analysis in fourth or fifth session. Discount applies.	Petaluma River
OPTIONAL: Coached ergometer session. No charge.	West Sebastopol
OPTIONAL: Participation in Spring Training "Game Day." As offered; no charge.	Petaluma River
OPTIONAL: Participation in Spring Training Alumni Eppies course scouting ("eddy play in long boats"). As offered; no charge.	Rancho Cordova
OPTIONAL: Participation in Spring Training Alumni clinics (bumps, sprint, etc.). As offered; no charge.	S. F. Bay Area
OPTIONAL: Participation in Spring Training Alumni outings. As offered; no charge.	No. Cal.
OPTIONAL: Annual training planning. No charge.	
<b>STRONGLY RECOMMENDED COMPLEMENTARY ACTIVITIES between sessions</b>	
Homework drills (coach will recommend drills)	
Aerobic conditioning	
Core strength development	
Selective cohort training on the water	
Video review, champion paddlers (coach will suggest links)	
Race course scouting and conditional skills development	
Racing experience: Wavechaser, River City Paddlers, and other races	

**Starbird's Spring Training     paddler@susanstarbird.com or 707 778 7277**