

## **Board Paddling**

<b>Board Session (1)</b>	<b>Session details</b>	<b>Session Notes</b>
Warm up	Beach Run 2km	Stretch
Main session	4 × 2 min 1 min rest 4 × 3 min 1 min rest 2 × 2 min 1 min rest 4 starts 30 sec slow in	Work out at 60% -70 %
Cool Down	Catch wave /2km run or swim	<i>Cool Down must be active to remove lactate</i>
<b>Total</b>	<b>1700m</b>	