

## Board Paddling

<b>Board Session (2)</b>	<b>Session details</b>	<b>Session Notes</b>
<b>Warm up</b>	<b>Beach Run 2km 2 × 6 min 4 × 1 min</b>	<b>Stretch Warm Up at 50% -60 %</b>
<b>Main session</b>	<b>5 × 30 sec 1 min rest 5 × 30 sec 45sec rest 5 × 30 sec 30 sec rest</b>	<b>Work out at 60% -70 %</b>
<b>Cool Down</b>	<b>Catch wave/ 2km run or swim</b>	<i>Cool Down must be active to remove lactate</i>
<b>Total</b>		