

Ski Paddling

Ski session (1)	Session details	Session Notes
Warm up	Beach Run 2km 10 min Paddle Tec	Stretch Warm Up at 50% -60 %
Main session	5 × 2 min 1 min rest 3 × 1 min 1 min rest 4 starts 30 sec /slow in Tec	Work out at 60% -70 %
Cool Down	Catch wave /2km run or swim	<i>Cool Down must be active to remove lactate</i>