

Ski Paddling

Ski Session (2)	Session details	Session Notes
Warm up	Beach Run 2km 10 min Paddle Tec	Stretch Warm Up at 50% -60 %
Main session	10 × 2 min/ 1 min rest 5 × 10 min/ 45sec rest 5 × 30 sec /30 sec 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>