

**DBC Wellness Committee
2022**

Recommendations for Off the Water Training for Stronger Paddling

Note: This training is appropriate for ANY DBC member who wants to improve strength and endurance during the paddling season and especially important in preparation for racing.

Training should start as early in the paddling season as possible. Given the diversity of paddlers and differences in availability of training resources this plan is submitted as a template and guide for training and hopes to provide alternatives which can be applied to most gyms and even in home situations.

DISCLAIMER: These Training guidelines were made for DBC paddlers.

Please be aware NOT all exercises are suitable for everyone. These exercises/workouts should be performed according to the health and capabilities of each individual paddler. ALWAYS consult your doctor prior to using this tool if you have any underlying medical condition or physical restrictions.

NO EXERCISE SHOULD CAUSE PAIN. STOP if you experience ANY pain, shortness of breath, dizziness, lightheadedness, blurred vision, nausea or any other discomfort. If symptoms persist after you stop exercising seek medical help immediately.

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Important Points:

1. **The goal should be safety first**- prevention of injury during training is of the utmost importance.
2. Suggestions are **guidelines** and each individual should adapt to their specific abilities. Start easy and advance as tolerated.
3. **Individuals should check with their health care providers for clearance to participate in any exercise program**
4. **Endurance and strength training** is considered primary training. For many sports such as rowing, OC or outrigger canoe, and dragon boat paddling an ERG or rowing machine is excellent but can also be used for any overall conditioning program at any age when done correctly. You may hear the rowing machine also called “Erging” (the actual word “erg” is defined as a unit of work/energy). For this reference we are referring to the rowing machine called the Concept 2 row/ERG machine. (*“The Concept2 RowErg has long been recognized by rowers as the standard for indoor training. It delivers an effective cardiovascular workout that increases fitness levels and exercises every major muscle group. The RowErg is the same machine used by Olympic- and elite-level athletes to train for their sports, but can be used by everybody, no matter what workout experience you're after.” – Concept 2 website*) This can be done daily but it should be done at least 3 x/week along with other forms of “cross” training (“cross training” refers to the utilization of different types of exercises) on alternate days. This will improve overall fitness and prevent overuse injuries. Erging may be done for long distance endurance or **HIIT** (High Intensity Interval Training). (See description below #8.)

PROPER FORM on the ERG IS CRITICAL. Check out this video.
<https://www.youtube.com/watch?v=zQ82RYIFLN8>

5. **Warm up** - A minimum 5 min warm up should be done prior to any training activity. Warm up involves warming up the muscles followed by gentle stretching. Such as jogging in place
6. **Gentle stretching** loosens the already warmed muscles. Many use yoga for stretching. Also refer to the DBC warm up video at the following link to help with warm up and stretching.

7. **Strength Training:**

- a. Can be done in a gym on weight machines or hand weights or Hand weights which you may have at home. IF no weights are available various sizes of canned foods or water bottles can also be used for great effect. In fact it is easier to adjust small amounts of weight using water bottles by just adding or subtracting the amount of water in the bottle. **Here is one Website to get you started:** <https://www.healthline.com/health/how-to-start-lifting-weights#schedule>. **Note:** Please do not attempt to use any weight machine you have never used before until you have received instruction from a gym trainer. Remember : Safety first – No injuries !
- b. **Notes on weight training:** Start at the #lbs you can move with at least 8 reps in proper form, (repeat at least 2-3 times) with a 30 sec - 1 min of rest between reps. This applies to machines as well as hand held weights. Increase reps up to 10 when you can easily do 3 cycles of 8 reps. Then increase to 12 reps when you can easily do 3 cycles of 10 reps. THEN – increase the weight you are using and start back at 8 reps and continue as above.
- c. **Note: FORM IS CRITICAL TO PREVENTING INJURIES. Get help from an expert if needed.**
- d. When planning your strength training especially if it is on the same day as another activity or workout, you may want to work on a different body part each day. For instance:

Monday: chest and back, Wednesday: core and legs, Friday: arms; push-ups or other floor exercises, Planks or Russian twists. A straight back in Planks and Russian twists is key to avoiding injury. They are often performed incorrectly.

Check this link for a good video on doing a **Russian Twist**.
<https://www.youtube.com/watch?v=9V9csctSKj0>. There are many videos on this popular exercise but this one really shows proper and safe technique. If you feel any pain or issues with your back, or spine, STOP.

8. **HIIT - High Intensity Interval Training**. There are a LOT of videos and info on the internet but be very careful on the information you use. The concept is simple involving short bursts of high intensity workout (running, biking, erging, etc) followed by an active rest period. The advantage of this workout is that there is great benefit in only 20 – 30 min. The Team USA uses a program called “Peak 8” which involves using the ERG. It goes like this: 2 min warm up, 30 secs row as hard as you can (get your HR up) followed by 90 seconds easier rowing, and repeat 8 times ending with a 2 min warm down. Three times a week will do.

A weekly template may look something like this.

Day 1 can start on any day of the week but for simplicity we will use Sunday as Day 1

Sunday Day 1: Endurance

- a. **Endurance train with Erging** 30 min – 40 min. If you have participated in the recent erg challenge this should be no problem. If you have not Erged in awhile, start at 5 or 10 or 15 min. Refer to the **Concept 2 website** <https://www.concept2.com/indoor-rowers/training> for many specific workouts on the erg. Strokes per minute should initially be no more than 20.
- b. Follow with **stretching** to improve flexibility. **Yoga** may work here. Lots of online websites offer short yoga (or use DBC classes if available)

Monday Day 2: Cross-training/Strength Training

- a. **Swim or Bike.** For race training it is recommended to use a stationary bike so that a program that includes “hill” periods can be programmed in. HIIT can also be programmed in as well especially if you use the erg primarily for long distance endurance.
- b. **Strength Training** – with weights – either weight machines as found in most gyms or Hand weights which you may have at home. IF no weights are available various sizes of canned foods or water bottles can also be used for great effect. Appropriate Websites insert here.

Tuesday Day 3: Endurance (similar to Day 1)

- a. **Erging:** Continue to slowly increase time and distance of Erging but listen to your body and take it slow initially. Stroke rates can be increased for short periods of HIIT or short periods of “power”. Similar to what we would do in a paddling practice.
- b. **Yoga or stretching.**

Wednesday Day 4: Strength Training/ Cross training

- a. Mix it up if you can. If you can bike on Monday, try a swim or fast walk or you can erg but change the workout (see Concept 2 website)
- b. Strength Training: weights as above

Thursday Day 5: Endurance

- a. **Erging:** as above continue at the same level or add more time and distance if able.
- b. **Stretching:** on your own or Yoga class.

Friday Day 6: Strength Training/ Cross training

- a. See Wednesday

Saturday Day 7 - REST!

- a. Your rest day can be anywhere in the week but you should schedule a rest day. This does not mean you do nothing but may include a simple BRISK walk in the park on the beach. However, please **LISTEN TO YOUR BODY**. It will tell you when you need a full day of recovery. You will notice an improvement in your workouts after a rest day and this may be a good time to increase your erging time/distance and /or increase weight or reps.
- b. Note: for most women the goal is not to add bulk but add tone and strength to our muscles. This takes time.

Wait! What about fitting in paddling – You may substitute paddling on any day that will work for you and your training program may be adjusted once we get back on the water and have a regular schedule of paddling.

And, Oh, what about Nutrition and eating for training. There are pamphlets on our Dragon Boat website for starters. We can address specific questions as we get more into the season.

Alice Bova is DBC's point of contact for this program and can be reached by text or call at 843-452-1714, or via email at aib95280@gmail.com. She is not a certified trainer but has 14 years of Dragon boating and racing at international levels and has been training and working in gyms, with weight machines, ergs and has trained for triathlons over the past 50 years! So, lots of experience.

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