

Name:	Canoe Kayak Ontario Sprint
Phase:	Home Workout



Instructions	
Complete 3 times per week. After 3 weeks, start back at week 1 with more weight (e.g. hold a textbook overhead for squats; stand further back with band)	

Warm Up		
1	Arms circles (both directions)	20
2	Leg swings (side to side)	20
3	Leg swings (forward and back)	20
4	Overhead press with broomstick	20

Exercises	Week			Temp.	Rest	Notes
	1	2	3			
1A	Overhead squat	3x10	3x12	3x15	slow	Arms overhead; heels down; knees out; hips back pull fast and hold for 1 second full depth, go from knees if necessary lying on back, push hips to ceiling flat back; no arching; hips down
1B	Single arm band pulls	3x10 each	3x12 each	3x15 each	fast	
2A	Push up	3xmax	3xmax	3xmax	fast	
2B	Single leg hip thrust	3x10 each	3x12 each	3x15 each	slow	
3A	Plank	3x60s	3x90s	3x120s	hold	
3B	Side Plank	3x30s each	3x45s each	3x60s each	hold	

Other	
1	Any exercises recommended by coach
2	Any stretches recommended by Kylie (therapist)

Recovery Nutrition	
Carbohydrate + Protein + Fluids	