



CANOEKAYAK BC

WEEK: November 11-13, 2016		LOCATION: Burnaby Canoe and Kayak Club/Fortius Centre	
GOALS: <ul style="list-style-type: none">• Technical development in singles and crew boats at GA1/aerobic capacity intensity• Work in team boats in preparation for Canada Summer Games			
	Friday	Saturday	Sunday
AM 1	Travel	8:45-9:30 am – WU/Instruction/boat set-up 9:30 am – WU: 1.5 km + drills MS: 3-4 x (8-6-4'/2'R) 3'R	8:45-9:30 am – WU/Instruction/boat set-up 10 am: 2 km Time Control (Individual – 1' start interval)
AM 2	10 am: Arrival @ BCKC + Introduction 10:45 am: 3-4 x (4-3-2-1'/1'R) 2-3'R	11:30 am: Run - 25' out/25' back (Start at Club – bring running gear!)	12:15 pm: 8 km race After: debrief + clean-up and boat loading
Lunch (served at the CKBC office)			
PM 1	1:30 PM – Presentation: Mark Granger (Fortius Meeting Room – Room TBA)	1:30 pm - Presentation: Blake (Provincial Team Updates/Schedule) Light flexibility (Fortius Meeting Room – Room TBA)	Travel Home
PM 2	Focus: 3 pm: Active WU/instruction 3:30 pm: WU: 1.5 km; MS: 10-12 x 3'/2'R Alt. 1' @ GA1-GA2-E1	Focus: 3 pm: Active WU/instruction/boat set-up 3:30 pm: WU: 1.5 km; MS: 3 x 5'/2'R; 3 x 4'/2'R; 3 x 3'/2'R All @ GA1 – Last 30" @ E1 pace CD: 500m	
Other	AWARDS BANQUET @ 6:30 PM (Burnaby Lake Pavilion)	TECH COMMITTEE MEETING @ 6:30 PM (Fortius – CKBC Office) (Coaches Only)	

NOTES:

* Trainings can be modified to adapt to tech. focus/group dynamics

** Times may be subject to change