



KAYAKING



Athlete Training Guide



Week 1

Nutrition Focus

Eating right is important to your health and your sports performance. Eating right can be easy and enjoyable because there are many delicious healthy choices. Your goal is to eat at least 5 total fruits and vegetables every day! Here some examples of meals you can have for breakfast, lunch, and dinner that are packed with fruits and vegetables:

- **Breakfast:** Try making a parfait! Start with some yogurt and add in granola, nuts, and your favorite fruits and you have a quick and healthy breakfast!
- **Lunch:** Swap out your peanut butter and jelly sandwich for a peanut butter and banana sandwich. Not only will this satisfy a fruit serving, but it is also lower in fat, calories, and sodium. Add in a side of baby carrots for a well-rounded meal.
- **Dinner:** At dinnertime add in a side salad to get a wide variety of vegetables.

Training

1. Warm-up
 - a. Jog/Walk for 5 minutes.
 - b. Stretch:
 - i. Jumping Jacks: 20 regular jumping jacks
 - ii. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger
 - iii. Trunk Bends: Stand with feet slightly more than shoulder width apart. Keeping your legs straight, bend your upper body to the right as far as possible. Come back to center. Now, bend your upper body to the left as far as possible. Do this 10 times in each direction.
 - iv. Arm Raises: Start with your arms at your side. At the same time raise each arm up to the level of your shoulders, then drop them back down to your sides. Repeat 20 times.
 - v. Trunk Rotations: Stand with feet slightly more than shoulder width apart. Keeping your legs straight, bend at the waist forward, then move your upper body to the right, continue to the back and then to the left making a large circle. Do 10 complete rotations in each direction.
 - vi. Triceps Stretch: Take your right arm and reach across your body to the left. To help stretch further, take your left hand and place it on your right elbow, then pull on the elbow to the left. Hold for 30 second and repeat with your left arm.



2. Training:

a. Rowing –

- i. Practice rowing strokes to improve form and strengthen muscles
 1. Take a seated position. If you have a kayak available to you, sit in the kayak on a dry hard surface to simulate being in the water. If no kayak, sit in a chair.
 2. Take an oar in your hands and hold as you would with kayaking. If no oar is available, substitute a rake handle, baseball/softball bat, billiards stick or tree branch.
- ii. Row for 5 minutes alternating strokes on your right and left side.
- iii. Take a 2-minute break to rest and get water.
- iv. Row for an additional 5 minutes to finish.
 1. To add intensity to the workout attached small weights to the end of the oar to make the rowing harder.

b. Strength Training –

- i. Push-Ups
 1. Do 10 push-ups consecutively; do this for 3 rounds
 - a. If you cannot do a typical push-up you can make modifications by doing push-ups against a wall, or on your knees.
- ii. Shoulder Press
 1. While holding an oar in your hands, place your hands near your shoulders. Push your hands up until your arms are straight, then move back down. Do this 10 times, for 3 rounds each.
- iii. Bicep Curl
 1. Taking a bocce ball in each hand, place your arms at 90 degree angles with your elbows near your hips. Take your left forearm and raise it until the bocce ball touches, or nearly touches your, shoulder. Slowly release back down to the 90 degree angle. Now do switch to your right arm. Alternate arms and do 10 raises with each arm, for 3 total rounds.
- iv. Seated Trunk Twists
 1. Take a seated position with knees bent in front of you with your feet almost touching your bottom. While keeping your lower body steady, mover your upper body as far to the right as possible, then to the left as far as possible. Continue this for 20 repetitions to each side.
 - a. To increase the degree of difficulty for the workout hold something with weight in your hands; options include a



paint can, a bag of rocks or anything with 5-10 pounds of weight.

- b. A modification can be to put the weighted item behind your back. As you turn to the right pick the item up, carry it across your body as you turn to the left, the drop the item behind your body again. Repeat this 10 times for each turning side.

3. Cool down

- a. Jog/Walk for 7 minutes

- b. Stretch:

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
- ii. Triceps Stretch: Take your right arm and bend at the elbow so your hand is resting on or near your shoulder. Extend your arm up so your elbow is reaching into the sky. Take your left hand and grasp your right elbow, pulling it towards you head. Hold for 30 second and repeat with your left arm.
- iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
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Week 2

Nutrition Focus

Now you know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. Here is a list of the other food groups and some great choices in each group that make up a healthy meal or diet.

- Grains:
 - Brown or Wild, or Unpolished Rice
 - Oatmeal
 - Whole Grain Bread & Pasta
- Dairy:
 - Low-fat or Skim Milk
 - Low-fat Cheese
 - Low-fat, unsweetened yogurt (watch the sugar!)
 - Cottage Cheese
- Protein:
 - Lean Meats
 - Eggs
 - Fish (frozen, fresh or canned)
 - Nuts

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upper body to the right, continue to the back and then to the left making a large circle. Do 10 complete rotations in each direction.

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- ii. Row for 5 minutes alternating strokes on your right and left side.
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- iv. Row for an additional 5 minutes to finish.
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 1. Do 10 push-ups consecutively; do this for 3 rounds
 - a. If you cannot do a typical push-up you can make modifications by doing push-ups against a wall, or on your knees.
- ii. Abdominal Plank
 1. Start lying on the ground. With your feet pressed into the ground, raise yourself onto your elbows. Make sure that you don't stick your butt in the air, or arch your back inwards. You want your body to form a straight line from your ankles to shoulders. Suck your belly button in towards your spine to fully engage your core. Do this for 30 seconds, for 3 rounds.
 - a. Modifications can be made by doing the plan with your knees contacting the ground instead of your feet, or leaning against a wall with feet on the floor and elbows on the wall for those who cannot get onto the floor easily.
- iii. Standing Row
 1. Stand with feet slightly wider than shoulder width, starting with your arms at your sides with hands in front of your hips. Keeping



your hands close to your body, raise them until they come to rest at a level between your chest and shoulders. Slowly release and let your hands come to rest in front of your hips. Do this 10 times, for 3 rounds each.

- a. Modifications can be made to do each are alternatively or to hold something of weight in your hands. Items could include soup/vegetable cans, paint cans or a water/milk jug.

iv. Seated Trunk Twists

1. Take a seated position with knees bent in front of you with your feet almost touching your bottom. While keeping your lower body steady, mover your upper body as far to the right as possible, then to the left as far as possible. Continue this for 20 repetitions to each side.
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 - b. A modification can be to put the weighted item behind your back. As you turn to the right pick the item up, carry it across your body as you turn to the left, the drop the item behind your body again. Repeat this 10 times for each turning side.

3. Cool down

- a. Jog/Walk for 7 minutes

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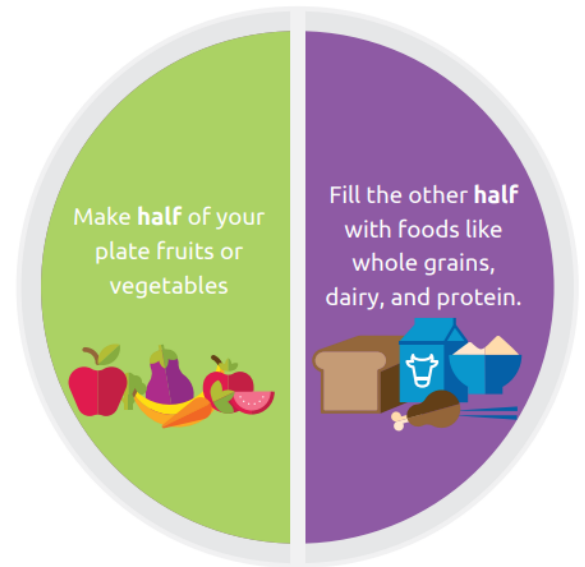


Week 3

Nutrition Focus

Now that you know what types of foods to eat here is how to build a healthy plate for a meal or for a snack.

- Watch the amounts of food you put on your plate
- Save junk food like desserts, chips and sodas for special occasions.
- Make half of your plate fruits or vegetables (see diagram below).
- Fill the other half with foods like whole grains, dairy, and protein.
- Add more fruits and vegetables to your meals.
- Keep snacks healthy and small.



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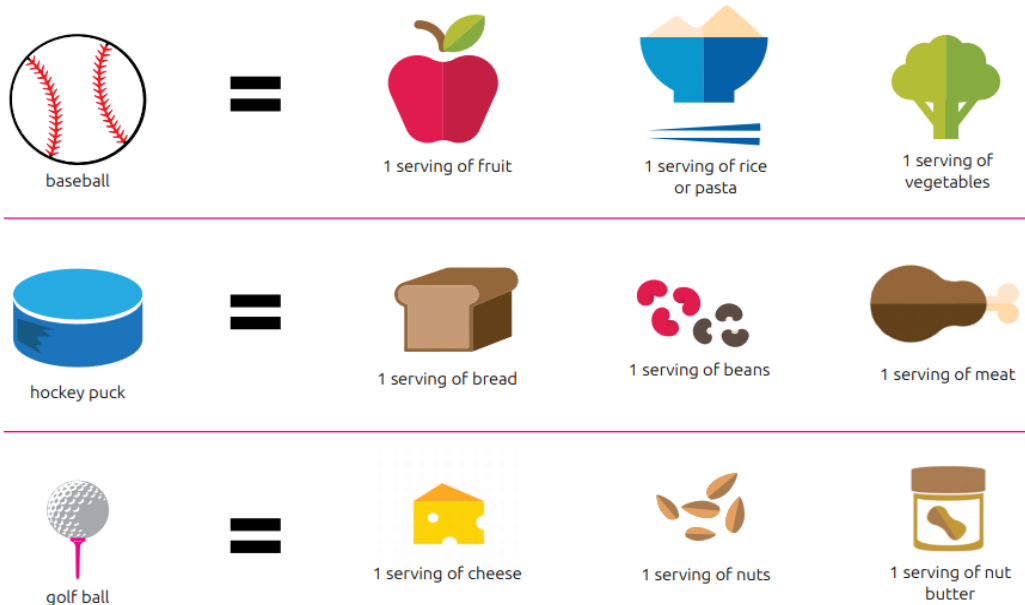


Week 4

Nutrition Focus

The amount of food you eat is one of the most important parts of building a healthy eating style. Choosing smaller portions can help you stay within your calories needs. Be aware of the amount of what you eat and drink during meals and snacks. Some commonly eaten foods can provide more calories than we realize. You can cut down on calories by choosing a smaller portion.

Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right:



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your belly button in towards your spine to fully engage your core. Do this for 30 seconds, for 3 rounds.

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Week 5

Nutrition Focus

Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.

- Apple slices dipped in peanut butter
- Low-fat unsweetened yogurt with berries
- Low-fat cottage cheese with tomatoes or fruit
- Carrots or peppers dipped in hummus
- Celery topped with peanut butter and raisins

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Week 6

Nutrition Focus

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance. Your goal is to drink 5 bottles of water every day! Your water bottle should be 16-20oz.

Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well. This is called dehydration. Signs of Dehydration include: •

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.





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a. Jog/Walk for 7 minutes

b. Stretch:

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
- ii. Triceps Stretch: Take your right arm and bend at the elbow so your hand is resting on or near your shoulder. Extend your arm up so your elbow is reaching into the sky. Take your left hand and grasp your right elbow, pulling it towards you head. Hold for 30 second and repeat with your left arm.
- iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
- iv. Trunk Twists: Stand with feet slightly more than shoulder width apart. Keeping your legs straight twist your body to the left as far as possible, then twist all the way back to the right as far as possible. Repeat this 10 times.



Week 7

Nutrition Focus

There are many beverage options available, but some of them are healthier choices than others.

- Sodas, energy drinks, and sports drinks are NOT good beverage choices because they have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.
- Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts. Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.

Water is the best choice for a beverage! Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.

Training

1. Warm-up
 - a. Jog/Walk for 5 minutes.
 - b. Stretch:
 - i. Jumping Jacks: 20 regular jumping jacks
 - ii. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger
 - iii. Trunk Bends: Stand with feet slightly more than shoulder width apart. Keeping your legs straight, bend your upper body to the right as far as possible. Come back to center. Now, bend your upper body to the left as far as possible. Do this 10 times in each direction.
 - iv. Arm Raises: Start with your arms at your side. At the same time raise each arm up to the level of your shoulders, then drop them back down to your sides. Repeat 20 times.
 - v. Trunk Rotations: Stand with feet slightly more than shoulder width apart. Keeping your legs straight, bend at the waist forward, then move your upper body to the right, continue to the back and then to the left making a large circle. Do 10 complete rotations in each direction.
 - vi. Triceps Stretch: Take your right arm and reach across your body to the left. To help stretch further, take your left hand and place it on your right elbow, then pull on the elbow to the left. Hold for 30 second and repeat with your left arm.



2. Training:

a. Rowing –

- i. Practice rowing strokes to improve form and strengthen muscles
 1. Take a seated position. If you have a kayak available to you, sit in the kayak on a dry hard surface to simulate being in the water. If no kayak, sit in a chair.
 2. Take an oar in your hands and hold as you would with kayaking. If no oar is available, substitute a rake handle, baseball/softball bat, billiards stick or tree branch.
- ii. Row for 10 minutes alternating strokes on your right and left side.
- iii. Take a 2-minute break to rest and get water.
- iv. Row for an additional 10 minutes to finish.
 1. To add intensity to the workout attached small weights to the end of the oar to make the rowing harder.

b. Strength Training –

- i. Push-Ups
 1. Do 10 push-ups consecutively; do this for 3 rounds
 - a. If you cannot do a typical push-up you can make modifications by doing push-ups against a wall, or on your knees.
- ii. Shoulder Press
 1. While holding an oar in your hands, place your hands near your shoulders. Push your hands up until your arms are straight, then move back down. Do this 10 times, for 3 rounds each.
- iii. Bicep Curl
 1. Taking a bocce ball in each hand, place your arms at 90 degree angles with your elbows near your hips. Take your left forearm and raise it until the bocce ball touches, or nearly touches your, shoulder. Slowly release back down to the 90 degree angle. Now do switch to your right arm. Alternate arms and do 10 raises with each arm, for 3 total rounds.
- iv. Seated Trunk Twists
 1. Take a seated position with knees bent in front of you with your feet almost touching your bottom. While keeping your lower body steady, mover your upper body as far to the right as possible, then to the left as far as possible. Continue this for 20 repetitions to each side.
 - a. To increase the degree of difficulty for the workout hold something with weight in your hands; options include a



paint can, a bag of rocks or anything with 5-10 pounds of weight.

- b. A modification can be to put the weighted item behind your back. As you turn to the right pick the item up, carry it across your body as you turn to the left, the drop the item behind your body again. Repeat this 10 times for each turning side.

3. Cool down

- a. Jog/Walk for 7 minutes

- b. Stretch:

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
- ii. Triceps Stretch: Take your right arm and bend at the elbow so your hand is resting on or near your shoulder. Extend your arm up so your elbow is reaching into the sky. Take your left hand and grasp your right elbow, pulling it towards you head. Hold for 30 second and repeat with your left arm.
- iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
- iv. Trunk Twists: Stand with feet slightly more than shoulder width apart. Keeping your legs straight twist your body to the left as far as possible, then twist all the way back to the right as far as possible. Repeat this 10 times.



Week 8

Nutrition Focus

Now that you have learned what food and drinks you should be consuming, let's take a look at how you can tell what's in the products you are buying. All packaged food and drinks come with a nutrition label meant to tell you exactly what you're consuming. Understanding what's in the foods you eat helps you make healthier choices.

Important parts of a food label:

- **Serving size:** Always start with the serving size amount, the rest of the information on the label is based on that. Pay attention to the serving size when you are preparing your meal. For example, if you buy a bag of pretzels and the label says that 1 serving is 15 pretzels, be sure to limit yourself to that amount.
- **Calories:** A calorie is a way to measure how much energy a food provides to your body. The number on the food label shows how many calories are in one serving of that food. The amount of calories a person needs depends on their age, weight, gender, and activity level. Visit <https://www.lifespanfitness.com/fitness/resources/calories-calculator> to see how many calories you should consume each day.
- **Fat:** Our bodies need a little fat every day because it is an important source of energy. Unsaturated fats, which are found in vegetable oils, nuts and fish, are often called “good fats” because they don’t raise cholesterol levels. Saturated fats and trans fats are considered “bad” so you want to try and avoid products high in trans fats.
- **Fiber:** Fiber is important for your digestion. Fiber has no calories and can help you feel full. Ideally you should select foods that have at least 3 grams of fiber per serving.
- **Added Sugars:** An added sugar is a sugar type that doesn’t occur naturally within the product and has been added to sweeten the packaged food item. Try to avoid products with added sugars or look for smaller numbers.

Nutrition Facts:	
Serving size: 1oz (28g)	
Servings per container: about 14	
Amount/Serving	% DV*
Calories 150	Fat Cal. 80
Total Fat 8g	12%
Sat. Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carb. 12g	3%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 6g	
Vitamin A 2%	Vitamin C 5%
Calcium 3%	Iron 6%
<i>*Percent Daily Values (DV) are based on a 2,000 Calorie diet.</i>	

INGREDIENTS: Cranberries (Sugar, Sunflower Oil), Dried Mango (Sugar, Citric Acid) [product of Thailand], Roasted Almonds (Sunflower Oil), Walnuts, Pumpkin Seeds [product of China].

ALLERGY INFORMATION: Contains Tree Nuts (Almonds, Walnuts). Manufactured in a facility that processes peanuts/tree nuts. Our products may contain occasional pit, shell pieces, and other naturally occurring objects.



Training

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 - b. Stretch:
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 - ii. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger
 - iii. Trunk Bends: Stand with feet slightly more than shoulder width apart. Keeping your legs straight, bend your upper body to the right as far as possible. Come back to center. Now, bend your upper body to the left as far as possible. Do this 10 times in each direction.
 - iv. Arm Raises: Start with your arms at your side. At the same time raise each arm up to the level of your shoulders, then drop them back down to your sides. Repeat 20 times.
 - v. Trunk Rotations: Stand with feet slightly more than shoulder width apart. Keeping your legs straight, bend at the waist forward, then move your upper body to the right, continue to the back and then to the left making a large circle. Do 10 complete rotations in each direction.
 - vi. Triceps Stretch: Take your right arm and reach across your body to the left. To help stretch further, take your left hand and place it on your right elbow, then pull on the elbow to the left. Hold for 30 second and repeat with your left arm.
2. Training:
 - a. Rowing –
 - i. Practice rowing strokes to improve form and strengthen muscles
 1. Take a seated position. If you have a kayak available to you, sit in the kayak on a dry hard surface to simulate being in the water. If no kayak, sit in a chair.
 2. Take an oar in your hands and hold as you would with kayaking. If no oar is available, substitute a rake handle, baseball/softball bat, billiards stick or tree branch.
 - ii. Row for 10 minutes alternating strokes on your right and left side.
 - iii. Take a 2-minute break to rest and get water.
 - iv. Row for an additional 10 minutes to finish.
 1. To add intensity to the workout attached small weights to the end of the oar to make the rowing harder.
 - b. Strength Training –
 - i. Push-Ups
 1. Do 10 push-ups consecutively; do this for 3 rounds



- a. If you cannot do a typical push-up you can make modifications by doing push-ups against a wall, or on your knees.
- ii. Abdominal Plank
 1. Start lying on the ground. With your feet pressed into the ground, raise yourself onto your elbows. Make sure that you don't stick your butt in the air, or arch your back inwards. You want your body to form a straight line from your ankles to shoulders. Suck your belly button in towards your spine to fully engage your core. Do this for 30 seconds, for 3 rounds.
 - a. Modifications can be made by doing the plan with your knees contacting the ground instead of your feet, or leaning against a wall with feet on the floor and elbows on the wall for those who cannot get onto the floor easily.
- iii. Standing Row
 1. Stand with feet slightly wider than shoulder width, starting with your arms at your sides with hands in front of your hips. Keeping your hands close to your body, raise them until they come to rest at a level between your chest and shoulders. Slowly release and let your hands come to rest in front of your hips. Do this 10 times, for 3 rounds each.
 - a. Modifications can be made to do each are alternatively or to hold something of weight in your hands. Items could include soup/vegetable cans, paint cans or a water/milk jug.
- iv. Seated Trunk Twists
 1. Take a seated position with knees bent in front of you with your feet almost touching your bottom. While keeping your lower body steady, mover your upper body as far to the right as possible, then to the left as far as possible. Continue this for 20 repetitions to each side.
 - a. To increase the degree of difficulty for the workout hold something with weight in your hands; options include a paint can, a bag of rocks or anything with 5-10 pounds of weight.
 - b. A modification can be to put the weighted item behind your back. As you turn to the right pick the item up, carry it across your body as you turn to the left, the drop the item behind your body again. Repeat this 10 times for each turning side.



3. Cool down

a. Jog/Walk for 7 minutes

b. Stretch:

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
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