

## **Yes, You CAN!! Paddle Training for the California River Quest**

*By Elaine Baden*

This is a basic training schedule for the California River Quest, with a minimum commitment of two days per week of paddling. If you have three days, add a 2nd day of intervals (see attached list for suggested workouts). If you have four days, add another longer paddle of at least 2 hours. Be sure to use the longer paddles as a “shake down” to figure out your food, hydration and clothes (to prevent chafing and sunburn).

### **Jan 1-6**

- 1 hour intervals: 3 minutes HARD, 2 minutes easy = 5 min (12 sets = 1 hour)
- 1-hour distance paddle (or race – any distance)

### **Jan 7-13**

- 1 hour intervals: 7 min HARD/ 3 easy = 10 min (6 sets = 1 hour)
- 2-hour distance paddle

### **Jan 14-20**

- 1 hour intervals: 1 mi HARD/30 sec easy, 1 min HARD/30 sec easy, 1 min HARD/1 min easy = 5 mins, 5 min rest (5 sets = 25 min, repeat twice with rests = 1 hour)
- 1-hour distance paddle (or race – any distance)

### **Jan 21-27**

- 1 hour intervals: 8 min HARD/2 easy, 3 min HARD/2 easy, 3 min HARD/2 easy = 20 min (3 sets = 1 hour)
- 3-hour distance paddle

### **Jan 28 – Feb 3**

- 1 hour intervals: 1 min HARD/30 easy, 10 sets = 15 min, rest 5 min (3 sets with rests = 1 hour)
- 1-hour distance paddle (or race – any distance)

### **Feb 4-10**

- 1 hour intervals: 7 min HARD/3 easy, 3 min HARD/2 easy = 15 min (4 sets = 1 hour)
- 2-hour distance paddle

### **Feb 11-17**

- 1 hour intervals: 30 sec min HARD/1 min easy (40 sets = 1 hour)
- 1-hour distance paddle (or race – any distance)

**Feb 18-24**

- 1 hour intervals: 4 min HARD/1 easy = 5 min, rest 5 (6 sets = 30 min, repeat twice = 1 hour)
- 4-hour distance paddle

**Feb 25 – Mar 3**

- 1 hour intervals: 2 min HARD/1 easy, 90 sec min HARD/1 easy, 1 min HARD/2 easy, 30 sec min HARD/2 easy = 10 min (6 sets = 1 hour)
- 1-hour distance paddle (or race – any distance)

**March 3-10**

- 1 hour intervals (Pyramid): 2 min HARD/2 easy, 4 min HARD/2 easy, 6 min HARD/2 easy, 8 min HARD/2 easy, 2 min HARD/2 easy, 8 min HARD/2 easy, 6 min HARD/2 easy, 4 min HARD/2 easy, 2 min HARD/2 easy = 1 hour
- 3-hour distance paddle

**March 11-17**

- 1 hour intervals: 1 min HARD/2 easy, 2 min HARD/2 easy, 3 min HARD/2 easy = 12 min (5 sets = 1 hour)
- 2-hour distance paddle (or race – any distance)

**March 18-24**

- 1 hour intervals: 15 sec min HARD/15 easy, 30 sec HARD/30 easy, 45 sec HARD/45 easy, 1 min HARD/1 easy, 90 sec HARD/90 easy, 2 min HARD/2 easy = 12 min (5 sets = 1 hour)
- 4-hour distance paddle

**March 25-31**

- 1 hour intervals: 4 min HARD/1 easy, 3 min HARD/1 easy, 2 min HARD/1 easy, 1 min HARD/1 easy, 2 min HARD/1 easy, 3 min HARD/1 easy, 4 min HARD/1 easy = 26 min, rest to 4 min (2 sets = 1 hour)
- 2-hour distance paddle (or race – any distance)

**April 1-7**

- 1 hour intervals: 2 min HARD/1 easy = 3 min. 9 sets = 27. 3 min rest to 30 (2 sets = 1 hour)
- 5-hour distance paddle

**April 18-14**

- 1 hour intervals: 8 min HARD/4 easy, 4 min HARD/4 easy = 20 (3 sets = 1 hour)
- 2-hour distance paddle (or race – any distance)

**April 15-21**

- 1 hour intervals: 3 min HARD/2 easy = 5 min. 5 sets = 25 min. Rest 5. (2 sets = 1 hour)
- 6-hour distance paddle

**April 22-28**

- 1 hour intervals: 10 minutes of 10 strokes HARD/10 sec easy, 10 min of 20 sec HARD/20 sec easy (3 sets = 1 hour)
- 2-hour distance paddle (or race – any distance)

**April 29 - May 5**

- 1 hour intervals: 45 sec HARD/15 sec easy= 1 min. 10 sets = 10 min. Rest to 15. (4 sets = 1 hour)
- 8-hour distance paddle

**May 6-12**

- 1 hour intervals: 8 min HARD/ 2 min easy, 6 min HARD/ 2 min easy, 4 min HARD/ 2 min easy, 2 min HARD/ 2 min easy, 1 min HARD/ 1 min easy, 1 min HARD/ 1 min easy, 2 min HARD/ 2 min easy, 4 min HARD/ 2 min easy, 6min HARD/ 2 min easy, 8 min HARD/ 2 min easy = 1 hour
- 4-hour distance paddle

**May 13-19**

- 1 hour intervals: 15 sec HARD/15 sec easy= 30 sec. 10 sets = 5 min. Then 30 sec HARD/30 sec easy= 1 min. 10 sets = 10 min. Then 1 min HARD/1 min easy= 2 min. 5 sets = 10 min. 5 min Rest to 30. (2 sets = 1 hour)
- 2-hour distance paddle (or race – any distance)

**May 20-25 Race week**

- 1 hour intervals: 15 sec HARD/1:45 easy = 2 mins (30 sets = 1 hour)
- 1-hour distance paddle

**May 26 Race the California River Quest!**