



Aqua Paddle - 12 Week Beginners Plan

Instructions:

- Easy:** This is the paddle equivalent of an easy walk, it should be really comfy, you are able to chat. We will use EASY for your warm ups as well.
- Normal:** This is the paddle equivalent of a brisk/fast walk the type you might do if you are late for your Aqua Paddle session, it's a bit more effort and you may breathe a little faster and harder. We will use NORMAL for a lot of your training as it will be developing something called your aerobic system.
- Moderate:** This is the paddle equivalent to a jog, it's more effort than normal and you will be breathing a faster and harder and you will start to really warm up. These burst of effort are not too long in duration and will often be followed with a short rest so you can catch your breath.
- Interval:** This is the paddle equivalent to a run, you will be breathing a lot faster and harder and will be warm and chatting to your friend might not be as easy. These will be intense burst of fast paddling and will be followed by a rest, these will start to appear in about week 9 of the plan.
- Warm Up:** Please ensure that you complete a warm up before doing any of the sessions they should be a minimum of 5 mins long, just getting the body and the joints ready for the exercise, start easy and slowing work up to short bursts of 15 seconds at moderate.
- Work Outs:** You can do the work outs on any day of the week so don't worry if you cant do a Saturday you can move it to another day. As we know the weather can be unpredictable so if you cant get on the water as its not safe to do so you can do the work outs, walking, rowing, cycling any way you like.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1						
Rest Day	Rest Day	2 mins easy paddle 1 min rest 2 mins easy paddle 1 min rest Repeat x 3 times	Rest Day	Rest Day	2 mins easy paddle 1 min rest 2 mins easy paddle 1 min rest Repeat x 3 times	Rest Day
Week 2						
Rest Day	Rest Day	2 mins easy paddle 1 min rest 2 mins easy paddle 1 min rest Repeat x 4 times	Rest Day	Rest Day	2 mins easy paddle 1 min rest 2 mins easy paddle 1 min rest Repeat x 4 times	Rest Day
Week 3						
Rest Day	Rest Day	2 mins normal paddle 1 min rest 2 mins easy paddle 1 min rest Repeat x 5 times	Rest Day	Rest Day	2 mins normal paddle 1 min rest 2 mins easy paddle 1 min rest Repeat x 5 times	Rest Day

Week 4 – Recovery Week						
Rest Day	Rest Day	2 mins normal paddle 1 min rest 2 mins easy paddle 1 min rest Repeat x 3 times	Rest Day	Rest Day	2 mins normal paddle 1 min rest 2 mins easy paddle 1 min rest Repeat x 3 times	Rest Day
Week 5						
Rest Day	Rest Day	2 mins easy paddle 1 min rest 2 mins normal paddle 1 min rest 2 mins moderate paddle Repeat x 3 times	Rest Day	Rest Day	20 mins easy/normal paddle	Rest Day
Week 6						
Rest Day	Rest Day	2 mins easy paddle 1 min rest 1 mins moderate paddle 1 min rest 2 mins easy paddle Repeat x 4 times	Rest Day	Rest Day	25 mins easy/normal paddle	Rest Day

Week 7						
Rest Day	Rest Day	2 mins easy paddle 1 min rest 1 mins moderate paddle 1 min rest 2 mins easy paddle Repeat x 5 times	Rest Day	Rest Day	30 mins easy/normal paddle	Rest Day
Week 8 – Recovery Week						
Rest Day	Rest Day	2 mins easy paddle 1 min rest 1 mins moderate paddle 1 min rest 2 mins easy paddle Repeat x 3 times	Rest Day	Rest Day	20 mins easy/normal paddle	Rest Day
Week 9						
Rest Day	Rest Day	2 mins normal paddle 2 mins moderate paddle 20 seconds interval 2 mins rest Repeat x 3	Rest Day	Rest Day	30 mins normal paddle	Rest Day

Week 10						
Rest Day	Rest Day	2 mins normal paddle 2 mins moderate paddle 20 seconds interval 2 mins rest Repeat x 4	Rest Day	Rest Day	35 mins normal paddle	Rest Day
Week 11						
Rest Day	Rest Day	2 mins normal paddle 2 mins moderate paddle 20 seconds interval 2 mins rest Repeat x 5	Rest Day	Rest Day	40 mins normal paddle	Rest Day
Week 12						
Rest Day	Rest Day	2 mins normal paddle 2 mins moderate paddle 2 mins rest Repeat x 3	Rest Day	Rest Day	20 mins normal paddle	Rest Day