



YEARLY KILOMETER GUIDELINE: FOR ALL TRAINING STAGES



STAGES OF TRAINING	DISCOVER CANOE & KAYAK	BEGIN: LEARN TO TRAIN	TRAIN TO TRAIN	TRAIN TO TRAIN & LEARN TO COMPETE	TRAIN TO TRAIN & TRAIN TO COMPETE	TRAIN TO COMPETE & LEARN TO PERFORM	TRAIN TO PERFORM & LEARN TO WIN
Age	9-10	10-12	12-13	14-15	16-18	18-21	21 +
Km/Year Single Crew Boats 2-3 X per week	200-300 35-50	300-700 50-100	700-1000 150-200	1190-1530 200-300	2000-3500 300-600	3600+ 600	
	-Discover Different Boats & Paddles -Balance -Agility -Basic Technique	Coordination -Agility -Balance -Proper Technique	Development Of Strategy -Pacing -Self Control -Refinement Of Skills & Technique	-Pacing -Race Plans -Control Of Technique Under Different Stress	-Perfect Race Plans Strategies -Control Of Technique Under Different Stress	-Strategies For Ultimate Performance	Strategies For Winning
In-Boat Skills and Drills (Hours/Year)*	20	28	30	18	18	18	10
Crew Boat Skills/Drills (Hours/Year)*	8	10	10	6	6	6	4

*In addition to KM recommendation- **ALWAYS TRY AND ACHIEVE QUALITY KILOMETERS**

