



Types of fitness

Canoe polo requires two types of fitness:

- ⦿ aerobic fitness

The ability to continue physical activity for an extended time

- ⦿ anaerobic fitness

Activities requiring bursts of energy followed by quick recovery

Aerobic fitness

- ⦿ Activities of typically low intensity and long duration
- ⦿ Moving around the field, playing several games in a day
- ⦿ Exercises:
 - continuous paddle at medium pace – 20 min
 - continuous drills at medium pace – 20 min

Anaerobic fitness

- ⦿ Activities of short duration and high intensity
- ⦿ Sprints, explosive starts, hard shots, fast turns
- ⦿ Exercises:
 - > sprints (straight line) – 6 x 10s flat out – 10s between sprints. 3 sets, 30s rest between sets
 - > box drill (rectangle) – 10s flat out, 30s relaxed, 10s flat out, 30s relaxed. Six repetitions, 3 sets, 1 min between sets