

Race Warm-Up



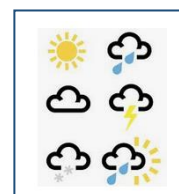
BENEFITS OF A WARM-UP

- **Increase body temperature** reduces muscle and joint stiffness, speeds up metabolism
- **Increase blood flow** delivers more oxygen to the working muscles, improves lactate clearance
- **Increase baseline oxygen consumption** minimise going into oxygen debt at the start of the race leaving more 'in the tank' for the finish
- **Improve muscle contraction** performing maximal efforts before a race improves the muscles ability to contract
- **Switch on the neural system** synchronisation of the neural system to maximise power output in the starts
- **Psychological** become familiar with your surroundings as well as water and environmental conditions



CONSIDERATIONS

- **Time your warm-up** – you want to finish within 10 min of the race start time so your body doesn't cool down and lose the benefits
- **Have you already raced that day** – may want to shorten the first piece and only do one of each after that
- **Are you racing K1 or team boat** – do you warm-up in your K1 or team boat or a combination of both
- **Nutrition** – consider the timing of your food around the warm-up and the nutritional value
- **Weather conditions** – if it is cold/hot you may need to increase or decrease the length of the initial long paddle



Example of a warm-up protocol. Discuss and practise your race warm-up with your coach in your daily training

What we are trying to do	Time before the race	200m	500m	1000m
Prepare the body before getting on water	~60 min	Dry land warm-up including stretching/mobility, bike, skipping, activation e.g. med ball work etc.		
Warm up the body	~30 min	600-1000m @ L2-3 (moderate intensity: 70-80 SR)	1000m @ L2-3 (moderate intensity: 70-80 SR)	1000-1500m @ L2-3 (moderate intensity: 70-80 SR)
Get used to "race pace"	~22 min	2-3 flying 50m @ mid-race pace SR in direction of race	1-2 boat run pieces 150-200m @ mid-race pace in direction of race	1-2 boat run pieces 200-250m @ mod-race pace SR in direction of race
Fire up your muscles and nervous system	~15 min	1 rolling start, 1-2 max effort standing starts at normal start SR, all in direction of race		