

IMPORTANT

PLEASE READ PRIOR TO ENGAGING IN TRAINING PROGRAM

It is advised that you seek a medical clearance prior to engaging in any intensive physical activity. Some of the training sessions provided in this program will be at a maximal intensity. Before engaging in these sessions you should ensure that you have increased your physical activity incrementally over a number of months, have medical clearance, and that you warmed up sufficiently for at least 10min of an appropriate intensity before commencing the session.

It is always recommended that you wear a PFD when paddling.

Warm-up and Cool-down: Even though it is not expressly listed in the paddling and gym programs, please ensure that you partake in at least 10min of low building to moderate intensity exercise to warm-up. Likewise a cool-down at the end of the session should return your body to a resting level of intensity.

Details of Sessions: Sessions comprise of work and rest durations. Efforts relate to Levels relating to a percentage intensity or Heart Rate if using a Heart Rate monitor to gauge intensity. A reference sheet of Levels can be downloaded separately. If you have any queries as to the information detailed in this document please do not hesitate to contact me (Ty – 0400 723 359).