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| **APPENDIX 1.2 - SESSION PLAN – LEVEL 1** |

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| Club Name:  | Location: |
| Date / Time: | Session Plan #: |

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| Primary Focus: |
| Secondary Focus: |

|  |  |  |  |
| --- | --- | --- | --- |
| **Segment** | **Training Method** | **Focus Points** | **Time** |
| Warm Up on Land | Dynamic stretching – Head to Toe | Prepare muscles for paddling |  |
| **WU** |  |  |  |
| **R & H** |  | R & H = Recovery & Hydration |  |
| **Drill # 1** |  |  |  |
| **R & H** |  | R & H = Recovery & Hydration |  |
| **Drill # 2** |  |  |  |
| **R & H** |  | R & H = Recovery & Hydration |  |
| **Drill # 3** |  |  |  |
| **R & H** |  | R & H = Recovery & Hydration |  |
| **CD** |  |  |  |

|  |  |
| --- | --- |
| **Total Session Time** |  |

|  |  |  |
| --- | --- | --- |
| **DO NOT FORGET** | **List items that need to not be forgotten** | **Check for Injuries before & after session** |
|  |  |  |

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| **Tide Information / Wind / Weather Information:** |
| **Comments & Evaluation notes:** (were you able to measure the drills against the Primary & Secondary Focus? Did the session achieve the Primary & Secondary Focus?) |