

DRYLAND TT RACE PREP AND  
WARM UP

MODULE 09

# ACE YOUR OC1 TIME TRIAL



# In this lesson...

IN THIS LESSON, YOU WILL GET A PADDLING WARM-UP SEQUENCE TO GET YOUR BLOOD FLOWING, WAKE UP YOUR BALANCE AND PROPRIOCEPTION, AND FIRE UP YOUR PADDLING MUSCLES.

AS A SPRINT PADDLER, THE WARM UP IS VERY IMPORTANT -- THE RACE IS SHORT, SO YOU DON'T HAVE ANY TIME TO WASTE. FROM THE FIRST STROKE YOU NEED TO BE "ON", SO A PROPER WARM UP MAKES A BIG DIFFERENCE. A GOOD WARM UP REVS UP YOUR CARDIOVASCULAR SYSTEM BY RAISING YOUR BODY TEMPERATURE AND INCREASING BLOOD FLOW. IT ALSO LOOSENS YOUR JOINTS WHICH INCREASES MOBILITY AND FLEXIBILITY, MEANING THAT YOU HAVE BETTER RANGE OF MOTION WHICH ALLOWS FOR STRONGER MUSCULAR CONTRACTIONS.

# Practice your Warm Up

THE MORE OPPORTUNITIES YOU GIVE YOURSELF TO PRACTICE THE WARM UP, THE BETTER YOU WILL LEARN HOW TO DO IT AND FIGURE OUT WHAT WORKS FOR YOU. I RECOMMEND YOU INTENTIONALLY PRACTICE YOUR WARM UP BEFORE YOUR ON THE WATER TRAINING SESSIONS SO YOU ARE CONFIDENT AND PREPARED WITH ALL ASPECTS OF RACING BEFORE RACE DAY, DON'T LEAVE THE WARM UP TO CHANCE.

# Preparing to Race

THE MORE OPPORTUNITIES YOU GIVE YOURSELF TO PRACTICE THE WARM UP, THE BETTER YOU WILL LEARN HOW TO DO IT AND FIGURE OUT WHAT WORKS FOR YOU. I RECOMMEND YOU INTENTIONALLY PRACTICE YOUR WARM UP BEFORE YOUR ON THE WATER TRAINING SESSIONS SO YOU ARE CONFIDENT AND PREPARED WITH ALL ASPECTS OF RACING BEFORE RACE DAY, DON'T LEAVE THE WARM UP TO CHANCE.

# Breathing

FOCUSING ON BREATHING DURING THE WARM UP HELPS CALM THE NERVOUS SYSTEM AND OPEN UP THE LUNGS FOR BETTER OXYGEN CAPACITY. EACH EXHALE FORCES CARBON DIOXIDE OUT, WHICH IS A WASTE PRODUCT OF OXYGEN UTILIZATION.

THROUGHOUT THE WARM UP, KEEP FOCUSED ON THE EXHALATION OF YOUR BREATH. AS YOU EXHALE, PULL YOUR BELLY BUTTON TO YOUR SPINE AND FOCUS ON SQUEEZING OUT THE AIR AND EMPTYING YOUR LUNGS. AS YOU INHALE, FEEL YOUR RIB CAGE EXPAND OUTWARDS. AS MUCH AS YOU CAN, BREATHE IN THROUGH YOUR NOSE, AND FOCUS ON FILLING YOUR LUNGS Laterally.

FOCUSING ON BREATHING ALSO HELPS CULTIVATE A STRONG AND POSITIVE CONNECTION WITH YOUR BODY.

# Body

FOCUS ON CONNECTING TO YOUR BODY BY BRINGING YOUR ATTENTION TO THE AREAS OF THE BODY HIGHLIGHTED IN THE WARM UP AND OBSERVING HOW YOU FEEL. OBSERVING YOUR BODY AND HOW YOU FEEL IS A WONDERFUL WAY TO BE GROUNDED AND CONNECTED TO YOUR BODY, HELPING YOU ENGAGE MUSCLES MORE PRECISELY TO GET A STRONG MUSCLE CONTRACTION.

# MINDSET APPROACH

## Considerations

CONNECT WITH WHY YOU ARE HERE AND SPEAK TO YOURSELF IN AN ENCOURAGING POSITIVE WAY.

- I'M EXCITED TO DO THIS.
- I LOVE PADDLING.
- I CAN'T WAIT TO WORK MY HARDEST.
- THIS IS FUN AND ENJOYABLE.
- I'M DOING MY BEST.
- I'M PROUD OF MYSELF.

# Warm up Part 1

## TIMING OF THE WARM UP

You should allow around 30 minutes for the warm up, and plan to complete the warm up about 10 minutes before your race starts if possible. You want to avoid waiting around for too long after you've warmed up, as your body will get cold and your nervous system will start to shut down. At the same time, you don't want to be going directly from the warm up to the race as you won't have a chance to relax and feel focused.



# Warm up Part 1

## BLOOD FLOW

### Body:

Warm up for 10-15 minutes with gentle activity to get your blood flowing.

Walking / light jog / swim / easy bike / walk up stairs

Look around and use what is available. You want to do something brisk, but not tiring.

Heart rate 50-60% of max.

### Mind:

While you are warming up, start to notice any tension you are carrying.

Relax your shoulders, focus on long deep calm breaths, emphasizing the exhale.

Especially notice the muscles in your face and consciously relax your brow, cheeks and jaw.

No more chit chat or distractions, maintain a relaxed focus.

# Warm up Part 2



## BEND/SQUAT/LUNGE

10 x Banded Squat. Anchor the loop band to something stable (or have a friend hold it)..

5 x each side Banded Squat with a Twist. At the bottom of the squat, pause and reach one hand to the outside toe to touch the ground.

10 x Hip Hinge with Band. Stand on the band in the middle and allow the band to pull you down with a flat back and your shoulder blades retracted.

10 x each side Single Leg Push Off. Start in a wide split stance / lunge position, push off the front heel, and focus on balancing on one leg at the top of the move.





# Warm up Part 2

## PULL PATTERN

Anchor light/medium weight band above your head

2 x 5 each side Single Arm Scapular Retraction

2 x 5 each side Single Arm Row - hand to belt to engage through lower lat

4 x 5 second hold Double Arm Scapular Retraction

10 x Double Arm Lat Pull Down. Hands to pocket to engage through lower lat

10 x Double Arm Low Row with Shoulder Retraction



# Warm up Part 2

## TWIST/PUSH

Anchor band waist high

2 x 5 each side Oblique Twist with band

2 x 5 each side Banded Push Split Stance with band

6 x each side Side Plank Twist alternating side to side.  
Engage your lat, glutes and obliques to stabilize as you roll from side to side.





# Warm up Part 2

## BALANCE & PROPRIOCEPTION

We want your nervous system firing and we want to wake up the ability of the brain and body to connect so you have excellent balance and stability in the OC1.





# Warm up Part 2

## BALANCE & PROPRIOCEPTION

2 x 5 Forward Walking Lunges. Adjust to a static forward/backward lunge without walking if needed.

2 x 5 Backward Walking Lunges. Adjust to a static forward/backward lunge without walking if needed.

2 x 10 Lunge Kick/Twist. Make sure to twist your torso, not just move your arms.

2 x 10 Sumo Squats with Leg Lift. Balance on one leg and squeeze glute.

2 x 5 each side Single Arm/Single Leg Pull. Use a light band and focus on balance and coordination not strength of contraction.





# Warm up Part 2

## EXPLOSIVE POWER FOR SPEED AND HEART RATE

It's important to do these exercises as fast as possible for no more than 12 seconds at a time.

You can do one or both of these depending on your ability

2 x 10 Jumping lunges - This is for you if your knees are healthy

2 x 10 Mountain climbers - This is for you if your knees need something more gentle



# Warm up Part 3

## STAY WARM

Remember to stay warm before your race. After you've finished your warm up and you are in the holding area, dress to keep your body temperature up and keep moving. You want to keep your nervous system idling and your body temperature up but not hot. Little jumps, swinging arms -- do things that keep your body moving in a conservative but intentional way.



# Pre Race Top Tip

## POSTURAL FEEDBACK AKA POWER POSING

Research shows that your body language affects how you feel about yourself and affects your body chemistry. Standing tall, in a Wonder Woman style pose can increase your testosterone and decrease your cortisol.

Be aware of how you are standing while waiting for your race and make sure you assume a power pose by standing up tall, shoulders back and hands on your hips.

Watch this video and learn more about the incredible importance of this

<https://youtu.be/Ks-Mh1QhMc>

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# THE END

