

TEAM USA Senior C FITNESS TESTING



TEAM USA SENIOR C

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Land Based TEAM USA Senior C Testing Protocol:

Any personal training program in which fitness goals are sport specific should include total body strength and endurance building opportunities.

Land based training is critical; however, it must provide a balanced and injury proof platform for maximizing paddling strength and endurance.

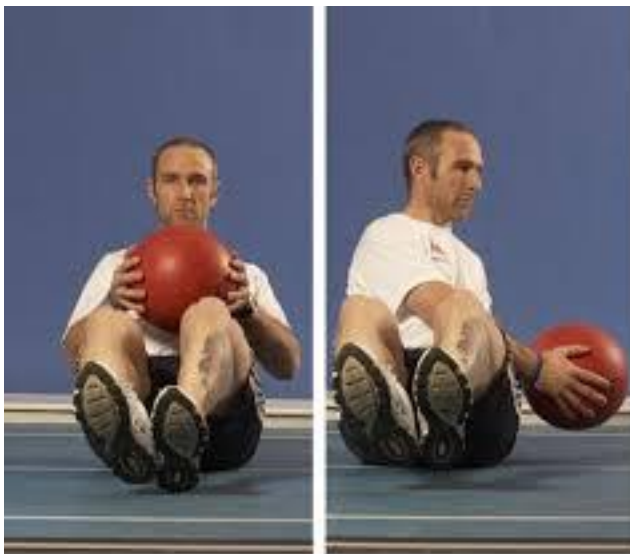
A simple cluster of evaluation strength and endurance exercises is used for National Team Senior C Testing Protocols. These four athlete evaluation exercises provide a balanced body work out.

They are:

- Flat bench pulls (back)
- push ups (chest, triceps, core)
- Russian Twists (abdominals)
- 2 minute race piece on a rowing ergometer with a 10 minute rest followed by a 30 sec race piece on rowing ergometer.

IMPORTANT NOTE: *During the on-water/paddling season athletes should focus on developing under-utilized muscles at least once per week.*

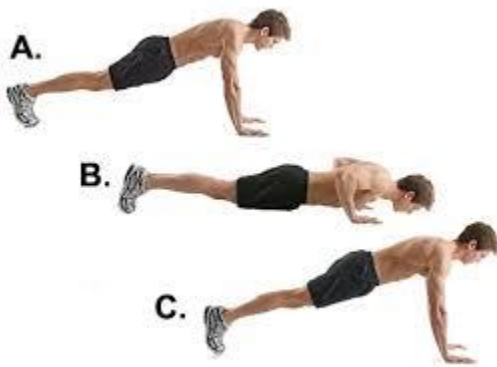
1) RUSSIAN TWISTS: Max reps in 60 seconds



2) **FLAT BENCH PULLS:** Max reps in 90 seconds (50% body weight males including bar/ 40% females)



3) **PUSHUPS:** Max reps in 60 secs



ROWING ERGOMETER:

Max distance in 2 minutes – 10 minute rest followed by another 30 sec max distance race piece

