

# **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.

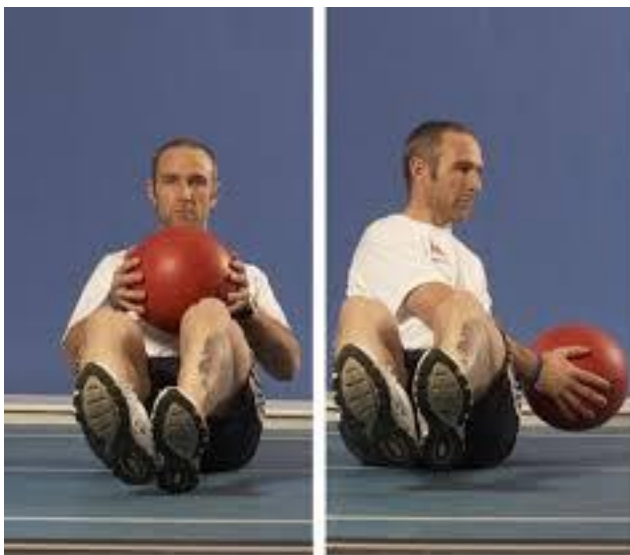
Land based training is critical; however, it must provide a balanced and injury proof platform for maximizing paddling strength and endurance.

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

1. Russian Twists (abdominals)
2. Flat bench pulls (back)
3. Push ups (chest, triceps, core)
4. 2 minute max distance on a rowing ergometer with a 10 minute rest followed by a 30 sec max distance on rowing ergometer
5. OC 2 – on water testing 250/M course

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

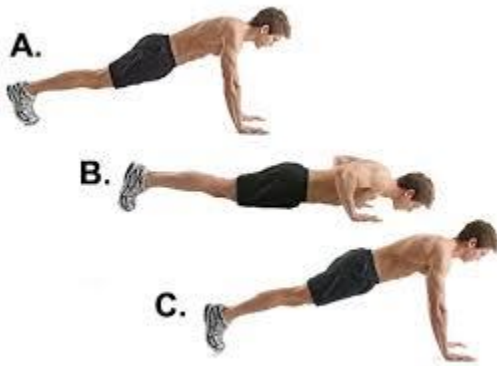
### **1) RUSSIAN TWISTS: Max reps in 60 seconds – feet off the floor**



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

