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# ICF Canoeing, IOC

## Coaches workshop

Samarkand, UZB, 2025, April 6 to 8

Always moving forward



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## **OVERVIEW:**

**Dates:** 2025, April 6 to 8

**Location:** Samarkand, Uzbekistan, Olympic canal

**Hosted by:** Uzbek Canoe Federation

**Presented by:** Alexandr Nikonorov, PhD, certified National coach in Spain and UK, National Olympic or Head Coach for OG 1996, 2004, 2008, 2012, 2016, 2021.

**Participants:** The workshop has been included in the Program of National Championship. All coaches presented at the championship took part in the workshop. Also, a number of coaches, including the coaches of National Team, had traveled to Samarkand to participate in the workshop.

**OBJECTIVES:** The aim of the workshop was to meet the coaches with advanced developments in the training approaches, methods, strategies in modern canoeing. Actualize their knowledge in variations of the programs of international competitions and corresponding changes in training strategies.

## **PROGRAM SUMMARY:**

The course has been completed in 3 days between competitions: first and second days – during the lunch break from 12.00 to 15.00. Also, all three days between the races and after dinner were completed individual consultation for national coaches.

The course covered kayaking and canoe paddling technique, year-round training plans, overall power development, and age-specific training issues.



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## **CONTENT DETAILS:**

### **SPECIFIC ATHLETE PROFILE IN ANOEING –**

- Domination of power development in athletes' physical abilities
- Determining abilities in modern top canoeing

### **PARTICULARITIES OF PADDLING TECHNIQUE FOR SPRINT DISCIPLINS -**

- Common concepts of sprint racing technique for kayak and canoe
- Technique of kayak
- Technique of Canoe

### **TEACHING PADDLING TECHNIQUE**

- Teaching kayak
- Teaching canoe
- Teaching racing

### **PHYSICAL ABILITIES -**

- Zones of intensity
- Aerobic abilities and aerobic power
- Anaerobic abilities and lactic buffer
- Strength and muscles power

### **PLANNING A TRAINING PROGRAMME -**

- Traditional year training cycle and its backdrops
- Advanced programming approaches

### **LONG TERM PREPARATION -**

- Performance orientated long term preparation
- Training specifics at different stages
- Coaching issues



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### **OVERALL CONCLUSION:**

- Coaches education and upgrade should be continuously an important part of the ICF Camps and Development Programs.
- ICF made training programmes should be distributed as a recommendation to follow by National coaches.

Alexandr Nikonorov  
ICF Expert-coach

A handwritten signature in black ink, appearing to read "Alexandr Nikonorov", with a long horizontal stroke extending to the right.

Samarkand, 2025, April 6-8