

2014 Nigerian Coaching Course

17th-21st February 2014

Lagos, Nigeria

Level 1 - Coaches Assistant



Introduction

The trip to Lagos, Nigeria did not start off ideally, with my domestic flight from my home town of Pietermaritzburg being delayed by an hour as a result of computer glitches within the airline IT system. This resulted in my arrival at Oliver Thambo Airport being delayed which resulted in me missing my connecting flight to Lagos. After lengthy unsuccessful negotiations with the airline companies it was resolved that the only way forward was for me to purchase a new ticket, albeit the problems had been created by the airlines (see attached mail) and that upon my return myself and my travel agent would confront the situation again in an effort to obtain a refund both on the ticket and the visa deposit. This is currently being dealt with.

Upon my arrival at Lagos and going through the very chaotic passport control in Lagos it was great to get to meet Olubunmi Oluode (Ola) in person and who became my chaperone to the hotel. The arrangement for the rest of the week was that I would travel every morning at 08:00 to the coaching venue by speed boat as it would be a lot quicker than by car. The hotel was far above what I was accustomed to on other tours, i.e. normally staying in the likes of Ibis style hotels; I found this extremely accommodating and certainly made me feel like a V.I.P., allowing me to focus entirely on what was ahead of me in terms of coaching.



Coaches who attended the course

1. Agbor Moses Ita
2. Enife Regina Tinuke
3. Okereke Onyekachi
4. Eworo David Alep
5. Harry Sunday Uko
6. Adewumi Adebola Sunday
7. Joshua Oke Esan
8. Titilayo Badmus A
9. Olagunju Sunday Adebola
10. Basil Nwoye
11. Taiwo Salawu
12. John Onyenike
13. Prince Okechi Joseph
14. Sunday Sijuola
15. Umar Musa
16. Gagbe Inife
17. Jonathan c Sabo
18. Jonathan Joseph
19. Williams Eric
20. Arowora Kizito
21. Benjamin Orimoloye
22. Izilien Emmanuel
23. Moses Orugbani
24. Gbamire TUNDE
25. Smart Joseph
26. Ibrahim Adamutikanu
27. Oluode Olubunmi

Name	Mark
1. Agbor Moses Ita	82%
2. Enife Regina Tinuke	74%
3. Okereke Onyekachi	72
4. Eworo David Alep	84%
5. Harry Sunday Uko	82%
6. Adewumi Adebola Sunday	80%
7. Joshua Oke Esan	76%
8. Titilayo Badmus A	62%
9. Olagunju Sunday Adebola	88%
10. Basil Nwoye	72%
11. Taiwo Salawu	54%
12. John Onyenike	40%
13. Prince Okechi Joseph	80%
14. Sunday Sijuola	70%
15. Umar Musa	80
16. Gagbe Inife	86%
17. Jonathan c Sabo	90%
18. Jonathan Joseph	82%
19. Williams Eric	86%
20. Arowora Kizito	80%
21. Benjamin Orimoloye	62%
22. Izilien Emmanuel	76%
23. Moses Orugbani	40%
24. Gbamire TUNDE	80%
25. Smart Joseph	70%
26. Ibrahim Adamutikanu	84%
27. Oluode Olubunmi	DNS

Course Overview

My coaching course material had to be adapted slightly with a lot more focus and attention on the practical side of kayaking opposed to theory due to the fact the coaches were mainly from a swimming back ground and had no actual paddling experience. The morning sessions ran from 09:00 till 12:00 followed by an hour's break and then the afternoon session from 13:00 till 16:00. The fact that all of the coaches are currently involved with coaching for swimming was an added bonus as they understood the basic principles of coaching and what is expected from them as coaches. Communication between the coaches and I was really easy with all of them having a good command of the English language, both Written and spoken. The coaching material was sourced from the ICF book Level 1 and Level 2 and from my own experience with dealing with beginner coaches and athletes in South Africa (please see copy attached).

	Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st
Morning 09:00-12:00	14:00 Proposed Arrival at Lagos	Safety in Kayaking and Coaching and Equipment and Boat set up and repair. (Theory)	Practical of Boat and Equipment set up. Followed by a Practical on boat and paddle repair	Creating a basic training programme for Beginner paddlers (Theory)	Revision on key points Kayak safety, Equipment set up and creating a beginner training programme
12:00-13:00	Break	Break	Break	Break	Break
Afternoon 13:00-Onwards	16:00 Introduction and brief background on the weeks programme	Introducing a beginner to the basics of getting started in kayaking and safety y theory	Practical on coaching the steps to getting started and into kayaking.	Practical on teaching Kayaking Technique	Theory written test 13:30-14:00 Practical and oral test 14:30-17:00

Theory Classes

For the course we spent just under sixteen hours in doors going over the course material. The venue was comfortable with ample seating for the twenty five coaches and the air conditioning giving welcome relief to the heat. I used a projector to project my presentation and each individual was given a hard copy of the course material so that they could use it to follow and make notes.

Lunch was served at the venue to allow us to keep on time with the schedule and not run behind or late.

Each section had great participation between the coaches and me with the coaches asking good questions and using good examples of how they would repeat this at their own clubs/projects.

Practical Classes

The practical classes were increased to ensure that each and every coach left being able to paddle themselves and being able to teach the basics of paddling correctly.

- Selecting equipment
- Shore classes
- Entering and existing the boat
- Self-rescue
- Emptying of kayak
- Correct technique

Apart from the actual paddling in the practical classes there was also a presentation on equipment maintenance, which saw the coaches get their hands dirty and do a few boat repairs.



Conclusion

The week spent giving this course was a total success I, after leaving Nigeria we now have twenty five coaches who have the knowledge of the theory and practical of canoe/kayak coaching. It was an absolute pleasure to help them as they have a true passion and drive for the sport. With Ola at the helm and her proactive thinking I can only see this turning into a dream story.



As I said to Ola the next step forward for them would be to acquire more equipment as their current equipment is really old and in short supply. To help out the athletes and coaches for 2014 I will help them with creating training programs for the more elite athletes who are going to African Champs and World Champs until such time as their coaches are more experienced and confident. For the coaches who got less than 80% for the exam they could maybe rewrite it later on in the year when the other coaches who got above 80% do their Level 2 course. I am sure in the next few years we will see many more Nigerian athletes at International events.

A very big thank you to the Nigerian Canoe Federation and the International Canoe Federation for allowing me the opportunity of being part of this success story and allowing me to help other achieve their goals and ambitions as well as developing our sport of canoe/kayaking in Africa.

Course Material

The Basic Canoeing Coaching Course Level -1 Assistant Coach



2014 Basic Coaching for Beginner Coaches

Monday 17th Feb – Friday 21st Lagos Nigeria

	Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st
Morning 09:00-12:00	14:00 Proposed Arrival at Lagos	Safety in Kayaking and Coaching and Equipment and Boat set up and repair. (Theory)	Practical of Boat and Equipment set up. Followed by a Practical on boat and paddle repair	Creating a basic training programme for Beginner paddlers (Theory)	Revision on key points Kayak safety, Equipment set up and creating a beginner training programme
12:00-13:00	Break	Break	Break	Break	Break
Afternoon 13:00- Onwards	16:00 Introduction and brief background on the weeks programme	Introducing a beginner to the basics of getting started in kayaking and safety y theory	Practical on coaching the steps to getting started and into kayaking.	Practical on teaching Kayaking Technique	Theory written test 13:30-14:00 Practical and oral test 14:30- 17:00

Introduction

This coaching course has been put together to help create new coaches for the sport of kayaking. The information in this booklet has come from many sources mainly being the ICF Level 1 and 2 Books and years of my coaching experiences in Africa and the way I coach new paddlers and Coaches and introduce new people into the sport of kayaking in South Africa.

This level 0 coaching course will help ensure that the coach/trainer can.

- Provide safety and rescue whilst coaching
- Repair equipment
- Plan and conduct a beginners lessons
- Plan and conduct a training session
- Correctly understand the basic principles of coaching technique and volume of training needed for a beginner.
- Conduct the basic physical conditioning needed for a beginner in the sport of canoeing.
- Prepare beginner athletes for domestic beginner events and races.

The sport of canoeing consists of a wide variety of crafts that are adapted for the water that they are used on. The three critical aspects are.

1. The paddler faces forward
2. The paddler is by no way attached to the boat
3. It is entirely powered with human energy.

Disciplines of Canoeing in South Africa

1. Canoe/kayak slalom(Olympic event)



2. Wild water



3. Marathon Racing



4. Flat-water/sprints(Olympic event)



5. Canoe polo



6. Surf skie



7. Rafting



Coaching philosophy

I believe that you should always try to be a complete coach. The following quote describes this the best way possible.

A complete Coach is “Growth, development and enhanced performance- this is what sport is all about. Like athletes, coaches should also always be growing, learning and seeking higher levels of knowledge and performance’s. Effective coaches learn their unique weakness, maximise the benefits of their strengths and strive to bring their weaknesses up to speed. Great coaches are opened minded, learn from experiences and develop their sport knowledge to provide enhanced opportunities for their athletes”.



The next part of is split into two sections, A and B section.

Section A:

- Safety
- Equipment
- Equipment maintenance
- Coaching Methods
- Parts of the stroke

Safety

Every day when you about to start coaching safety are your number one aspect you have to consider. Canoeing takes place on water which makes it more dangerous than most sports with more factors that come into play. As a coach you have to always make sure that you have the wellbeing and safety of your athlete's best interest.

Safety Plan

This is a set of procedures that you, your fellow staff members and paddlers follow to avoid injuries, and in the event of an injury or emergency, the steps to be followed. This document should be short and concise with clear instructions. It should also include phone numbers of the local emergency responders.

Safety Plan Numbers :	
Ambulance	033 326811
Club captain	033 56616
Police	033 9111

Safety Awareness

Each day the coach should be aware of the conditions at the boathouse, the waterway, the condition of the athletes and the climate changes. The coach must take care of any hazards, report it to people who can take care of it or avoid it entirely. For the safety things that the coach cannot control such as the climate and waterway, coaches must be able to adjust the training regime to avoid unsafe conditions.

General Safety Guidelines

1. **Supervision**- Beginners should always go paddling only under the supervision of their coach.
2. **Swim Test**- A paddler should be a good swimmer and be able to remain calm in unexpected situations that they might find themselves on the water. If the paddler is under the age of 14 or is not a confident swimmer a life jacket is to be used every time they set out to train and race.
3. **Equipment**- makes sure that the appropriate equipment is used when coaching and that it is suitable for the conditions that the coaching will take place at. The correct size boat and life jacket should always be used when training and racing

4. **Waterways-** Be familiar with the waterways that you will be coaching on. Make sure you know the approximate depth of the venue. Paddling through shallow spots can cause boat and paddle damage and cause the boat to capsize. Make sure that the waterway is free from as many of the following obstacles or turbulence, rapids, rocks, weirs and strong eddies. Pay attention for submerged obstacles as well that could cause harm and always make sure that you have a safe entry and exit point to training.
5. **Night Paddling-** Avoid this if possible but if you can't remember to stay near the shore line, wear visible clothing and a life jacket with a light.
6. **Weather-** Do not paddle in conditions, cold conditions causes energy loss due to increased heat loss. Sun stroke and heat exhaustion is another danger of paddling in extreme heat. Paddling whilst in a storm is also extremely dangerous because of flash floods and lightning.
7. **Clothing-** Wear sensible clothing when paddling. The Priority should be functionality and protection for the athlete from the weather if it's hot or cold.

Safety talks before beginners start there training is important. This will ensure that they understand the appropriate behaviour for the use of the equipment (emptying of boats) and what to do if they tip over and how to perform a self-rescue (swim the boat to shore) and an assisted rescue from another paddler or speedboat

Responsibility

Coaches are in a remarkable position; there are many tasks a coach will need to preform depending on their club and its level of development structure. Below are some of the roles and responsibilities of being a coach.

- Leadership- a leader who guides athletes towards their goals.
- Health and safety- this is the first priority of the coach for his athletes.
- Club organization/facilities and equipment- help with the day to day running of the club, fundraising and controlling the good use of its facilities and equipment.
- Recruiting- always being on the lookout for potential paddlers and for current paddlers who could benefit from your help.
- Training: Planning and Direction- once the athlete and coach has decided on the goal it's up to the coach to organize the training that needs to be done in order for the athlete to re the goal.
- Racing and Results- this is how a coach is ultimately measured is by the performance of their team. A coach who is focused on effective preparation has more success.

Coaching Methods

Coaches who are successful over long periods of time are great planners and motivators. They are also flexible and tolerant when working with young paddlers. A good coach must have

1. Communication- this is the core to a good relationship between the coach and athlete. It is a relationship built on mutual goals and trust.
2. Motivation- In many cases the ability to motivate your athlete is more important than technical knowledge. It's being able to get the most and the best out of them at training and racing.
3. Technical development- analysing the motions a paddler executes , comparing it to the model and working out way to get the athlete as close to the model as possible. The use of modern technology allows a coach to get this across to their athletes.
4. Praise and Criticism- depending on the situation praise must be genuine and never contrived as this will cause a lack of respect.
5. Plan- this is the most important aspect a coach can bring to a team. Race, training, rest and eating plans are important and the athletes will appreciate the careful work.
6. Feedback-internal-vs-external
Internal is how an athlete feels on the inside when they are trying to achieve a goal.
External is from one person to another, for feedback to be effective it needs to be a two way path of information between the coach and athlete.
7. Keywords- easy to hear and normally the coach's code between them and the athletes. It allows for the message to get across clearly in training and racing.

Conclusion: Athletes and coaches work together to offer greater opportunities for the athlete to strive to achieve goals. A fundamental role of the coach is to teach life lessons such as proper behaviour, communication skills and a positive and healthy way in approaching life and competition. Coaches are role models and the way they conduct they will lead to the way the team conducts them.

Equipment

Equipment plays a big part in ensuring that the athlete gets the best chance when starting to paddle. Just like running you have to get the right size shoe if you want to run correctly and you also can't run a road marathon in spikes and expect to finish. The same in paddling you have to make sure of the following checks are done when teaching a beginner.

1. The boat model and size – if you give a beginner a narrow racing model boat to start with the chance of them falling out a lot is high. This could cause the paddler to call it a day before they have actually given it a proper chance. The same as if you ask a 16 year old paddler to paddle in a guppy. They will sink the boat and if they don't they will definitely not be comfortable. Ensuring that the beginner has the correct stable boat is a must as stability is the first step in paddling. If this is not achieved you can't move forward correctly from this point.
 - The seat positioning in the boat also needs to be correct with the knees being at the angle of 120-130 degrees.
2. Paddle – The paddle is the next piece of equipment that needs to be correct length and blade size. A paddle that is made for a 30 year male paddler is not ideal for a 12 year old girl and vice versa. The length of the paddle will also affect the way you can hold the paddle that could lead either to a good catch in start of your stroke or a poor catch.



3. Boat size and stability as much as possible if its club equipment being used



Equipment maintenance

Making sure you look after your equipment that you use for daily coaching is important, boats and paddles do break but if they are not too seriously broken you can fix them with a bit of fibre glass and continue to use them.

Working with fibre glass you need to be careful as it is a material that can cause a lot of discomfort if it comes into contact with your skin. Using rubber or latex gloves is recommended always. For a basic fix job you will need the following.

- 1) Sandpaper
- 2) Resin
- 3) Catalyst
- 4) Fibre glass matt
- 5) Paint brush
- 6) Tin and mixing stick

Step 1.

Sand the boat or paddle around the crack or hole, this is important as it will allow the new patch to bond/stick.



Step 2

Once the surface area has been well sanded then measure out the amount of fibre glass needed to cover the affected area.

Step 3

Mix your resin and catalysis together, make sure not to use too much or too little catalysis as it will not dry correctly.

Step 4

Paint a small amount of resin over the affected area, this will allow the fibre glass matt to stick to it.



Step 5

Once the fibre matt has been placed on top, then proceed to apply more resin to the fibre glass matt until its total saturated.



Step 6

Once this is done allow the patch time to dry and then follow by a light sanding to remove any rough areas and then you are ready.

Teaching a new person how to Canoe is really easy and fun, provided that you follow the following steps you should have them paddling in no time at all.

1. Welcoming the paddler: spend 10 minutes on just welcoming and going over the club rules with the new paddler. This will help them be more relaxed in their new environment and take the edge of their first paddling experience. The more relaxed the person is the quicker they will get paddling under control. Explain to the paddler that they will fall out at some point and what to do once they do. It's important that you and the paddler have a good sense of humour when starting out.
2. Safety: Brief but very detailed on what they need to wear when paddling (Life jacket, shoes ECT...), the coach must also explain about the venue were to climb in and out and what to be careful about. The coach must also check that the equipment is safe and correct for the paddler.

3. Shore Class: When conducting the shore class always make sure that you don't have your back to the paddlers and make them stand in front of you so that everyone can see you. The coach will show the paddler the correct way to hold the paddle and how to do the stroke. The coach will show how to set up the boat for each individual. The safety checks of the equipment and venue once more and then finally how to climb in and out of the boat correctly.



4. On the water: when working with beginners who are learning to paddle and control the craft for the first time, I don't recommend more than 5 paddlers per coach. Make sure you have a "zone" that the paddlers know not to go past. This will help you monitor them easier and safer. If you are conducting a beginners training session where everyone can paddle and is not falling out you can go as high as 10 paddlers per coach.
5. Emptying a kayak: everyone will fall out when learning to paddle so teaching the correct method of emptying a kayak is important so not to damage the boat.

Actual Coaching

Now that your paddlers now what to do on the land and in theory what to do on the water it's time to get them on the water and paddling. This is where the actual coaching can start.

Climbing into the boat- once you have set up the boat to the ideal length for the paddler on the land then show them the correct method of climbing in and out of the boat. The easiest and best way I believe is illustrated below.



Please take note of how the front hand never leaves the front of the cockpit.

1. Posture in the boat and balance – before you get to use a paddle, check the balance of the paddler by getting them to use their hands to complete a few circles. This will test their balance and get them used to the workings of the steering system. Make sure the posture and the chin of the paddler is always correct to allow for good oxygen consumption and the use of the paddle.

Technique

Parts of the Stroke

Now that you have the correct boat and paddle your next step in paddling correctly and economically is how to get the paddle to work the best for your athlete so that they can pull themselves past each catch.

The stroke can be divided into two sections.

Power transmission: blade in the water

- Catch- the start of the stroke, the blade must submerge quickly, powerfully and completely.
- Load- applying maximum force onto the paddle by shifting body weight from the boat and onto the paddle from the catch until the exit. The load propels the boat forward.

Recovery: blade in the air

- Exit – the blade leaves the water inline at the paddler's hip. The quicker the exit the least amount of drag there is on the boat so it will be quicker.
- Glide – the glide is the travel of the boat after the power transmission phase and before the next catch.



Section B

Creating a Basic Training Program

1. Training volumes on how much and what type of training- For paddlers just starting out a lot of the training happens outside the boat to get ready to kayak, two to three paddles a week is enough at this stage. They should participate in running sports to help develop there cardiovascular system because until they can paddle for 60min nonstop they will not really be training. Canoeing is also a very physical sport so do body weight gym such as.
 - Push ups
 - Sit ups
 - Pull ups
 - Squats

A very basic training plan for a beginner would look something like this.

Mon	Tues	Wed	Thurs	Fri	Sat
running + Body weight gym	Paddling = Stability exercises and drills	Running + Body weight gym	Paddling = Technique drills	Rest	Paddling + Running Total 60- 80min

Race Training

“To win or to achieve your goals you must make sure that you don’t train too hard on easy days because then you will not be able to train hard on the hard days”

When creating a training program for your athletes you first have to ask the following questions.

1. What is the goal?

Every athlete has to have a goal, a coach can help in the goal making process but at the end of the day the athlete must create their own goal and believe in it 100 percent otherwise it’s a dream.

2. How much time do we have?

As the coach you will look at the athlete's goal and then decide on the time required to achieve the goal. You then look at the date of the event/goal and work backwards in time to determine when the athlete will need to start training. Below are my basic guidelines for training time to racing.

Event	Time needed	Days training per week
Club time trial	1 month	3
12km race	2	3-4
12-30km	4	4
Multi day	5-+	5

3. How old is the athlete?

This is a really important factor when creating a training program. The volume of training is totally different for a 14 year old to a 32 year old. Over training is more serious than under training as it can cause.

- Injuries
- Growth problems
- Mental issues

And ultimately you will see that the paddler quits.

Age or time paddling	Max Km per day	Days per week incl race	Max Km per year
12/1year	6-8	2-3	1600
13/2 year	8-10	3	1800
14/3years	10-12	3-4	2400
15/4years	12-14	4	3000
16/4years +	14-16	4-5	3600

4. What is the sex of the athlete?

Coaching female paddlers is different to coaching males. Generally female paddlers lack the pure strength needed for paddling so a lot more strength development is needed outside the boat. As far as training volumes they are slightly different but not too much.

5. Basic Training volumes for a beginner male and female paddlers

Age or time paddling	Max Km per day (M)	Max Km per day (F)	Days per week incl race
12/1year	6-8	6	2-3
13/2 year	8-10	6-8	3
14/3years	10-12	8-10	3-4
15/4years	12-14	10-12	4
16/4years +	14-16	12-14	4-5

6. Types of trainings and volume

For the first 6 month whilst getting your balance and technique correct you can do a lot of training outside the boat to prepare your body for paddling. The types of cross training done are also depended on your athlete's goal and requirements' in the race. For example a sprint paddler will do a lot more gym than a dusi paddler will do. For a Beginner paddler I recommend the following types of training and volume.

Exercises	Number of sessions per week	Time per session
Running	2-3	40-60 min
Gym (body weight)	2-3	60min

7. When to train Hard

You cannot train every day hard and expect to do well in your goal. Your body need time to rest so that when you do need to go hard it has fully recovered. In a week you can train hard and race hard for a maximum of 2days. For an effective program you need to plan when you're hard/race days will be and when you're easy and recovery days will be. Below are some examples.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
70%	80%	100%	80%	70%	race	recovery
recovery	70%	80%	100%	80%	70%	race
recovery	60%-70%	80%	80%	60%-70%	100%	100%

8. Speed-vs-Endurance-Resistance

When creating a training program you have to have the right mixture of endurance training, speed training and resistance (or gym work but for beginner's resistance is the best and safest).

If we have too much endurance our athletes will never win, if we have only speed we would never cross the finish line. Below are the ratios I use often in a 10 day training program. The ratios do change with the athlete's age.

Age	Endurance	Speed	Resistance
10-13	70%-80%	10%	10%
14-15	50%-60%	20%-30%	20%-30%
16-18	40%-50%	30%-40%	20%-30%
18- up	30-35%	30%-40%	30%-40%

Creating a program

Creating a training program you should always ask yourself would you be able to complete the program. Don't ask your athletes to do things that you yourself are not about. If you use all the previous information creating a basic 10 day training program will be easy. Following my steps then will also make it easier.

Step 1

- Goal to finish a 15km race
- Time to race 3months
- Level of paddler = paddling for 6months already.
- Age 15 years old
- Sex = male

Step 2

Select the correct data from below:

Age or time paddling	Max Km per day	Days per week incl race	Max Km per year
12/1year	6-8	2-3	1600
13/2 year	8-10	3	1800
14/3years	10-12	3-4	2400
15/4years	12-14	4	3000
16/4years +	14-16	4-5	3600

+

Exercises	Number of	Time per
-----------	-----------	----------

	sessions per week	session
Running	2-3	40-60 min
Gym (body weight)	2-3	60min

+

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
70%	80%	100%	80%	70%	race	recovery
Recovery	70%	80%	100%	80%	70%	race
Recovery	60%-70%	80%	80%	60%-70%	100%	100%

Age	Endurance	Speed	Resistance
10-13	70%-80%	10%	10%
14-15	50%-60%	20%-30%	20%-30%
16-18	40%-50%	30%-40%	20%-30%
18- up	30-35%	30%-40%	30%-40%

=

Program

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Paddling days(4)	Yes	yes		yes		Yes	
effort level	70%	80%	100%	80%	70%	100%	Recovery
Running days(2)			Yes		Yes		
Gym(body weights)(2)	Yes				yes		
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
End/Sp/R	Endurance	Resistance	Endurance	Speed	Resistance	Speed	Recovery
Training	12km non-stop working on technique	8x 6min with r.balls	Running time trial 8km	Dice k2	10x2min@60% 2min@80%with r.balls	3 x 2000m time trials. With 15 in rest	

Examples of Endurance Intervals with the correct rest

Interval time	Rest	sets	Intensity
12	2 /4min	2-5	70
10	2 /3min	3-6	70
8	2 /3min	4-6	75
6	1 /2min	5-8	75-80
4	1/2min	5-10	80-85
3	60/90sec	6-12	80-85
2	30/60sec	6-15	85-90

Example of speed intervals with the correct rest

Interval time	rest	Sets	intensity
2	2-4	10-20	80
1.45	2-3	10-20	85
1.30	1.30-3	15-20	85-90
60	1-2	15-25	90-95
30	30-60	15-30	90

Average guide for Time and speed/Distance for Beginners

<u>Time</u>	<u>Distance</u>	<u>Speed</u> <u>12km per hour=</u> <u>100%</u>
<u>1</u>	<u>200m</u>	
<u>2</u>	<u>400m</u>	
<u>3</u>	<u>600m</u>	
<u>4</u>	<u>800m</u>	
<u>5</u>	<u>1000m</u>	