

A person in a kayak is performing a roll maneuver in turbulent, white-capped waves. The kayak is dark-colored with the words "KAYAKER PRO" visible on the side. The person's arm is extended, holding a paddle. The background is filled with the spray and foam of the waves.

Combining MC1 + MC2 – training and  
competing during the season

# BENEFITS OF COMBINING C1(K1) AND C2

## SHARING A PROJECT

- It's an important source of motivation during the year

## IMPROVE YOUR POWERSTROKE

- From a technical and physical point, the paddle stroke in C1 and C2 is quite different and more powerful in C2, so it's a good way to improve the power stroke in C1.

## DIFFICULTIES ON COMBINING C1 (K1) AND C2

## MORE RUN DURING THE RACES

## MORE TRAINING BEFORE THE RACE

## BOUNCE BACK QUICKLY AFTER THE RACE

- As you have to switch quickly after your individual race, it's the perfect way to also switch mentally.

## FIND THE BALANCE BETWEEN BOTH PROJECT

**STEP AND ADVISES  
TO COMBINE THE  
DOUBLE PROJECT**

## ***1° DISCUSS CLEARLY ABOUT THE OBJECTIVE IN C2 FOR EACH ATHLETE***

- How much do we want to be invested in the project.
- What's the most important project...
- It will help during the season to remain consistent with the choices made at the start of the season

## 2° TRAINING DURING THE YEAR

- Even if it's better it's not essential to live in the same place,
- Combining C1 and C2 require efficiency in the process.

The training camps are great to work together, with Nicolas we see each other around once a month during the training period and sometimes more after

- During the training camps, the balance is around **1/3 of C2 and 2/3 of C1**, some sessions can be mixed and some other only C2 or C1. The mixed sessions are mostly the intensity training
- It's interesting to do more intensity bloc to be prepared the volume of races during the competition.
- Also, it's very important to be clear with the objective of the training before, and to talk about it.

## 3° COMPETING

### ***ON NATIONAL SEASON***

- Here the objective is to apply on course what we worked during the off season, to find our mark together on course.

### ***FOR THE NATIONAL TEAM SELECTIONS***

- Once again it's important to talk about the program of the races to be on the same page together, when we'll be training in C2 and in C1.
- You can adjust your program with your feelings in both embarkation and train on which you're facing more difficulties.
- keep as much energy as possible, it means being really efficient during the trainings, the warm-up and the recovery after the races.
- After the selection, it's also the moment to talk again about the objective for the international season, cause you have to do some choices

## ***DURING THE INTERNATIONAL RACES***

- You have to be efficient and for that discuss as much as possible, before, during and after the training session
- If you are combining both category, it could be really great to come before the championship on a training camp to do a maximum of training before the championship.
- For each race, it's important to take an individual moment after the C1 race before switching to the C2 to let down the emotions and frustration from the C1

## **TO CONCLUDE**

***THE MOST IMPORTANT POINT IS MAYBE THE COMMUNICATION, AND THE PLANIFICATION.***

***COMBINING C1 AND C2 IS A BEAUTIFUL CHALLENGE, COMPETING IN C2 IS A REAL HUMAN EXPERIENCE, I CAN ONLY ENCOURAGE FUTURE CANOEING AND KAYAKING ATHLETE TO FIND A PARTNER AND START THE ADVENTURE.***

***FOR THE HUMAN EXPERIENCE BUT ALSO FOR THE PHYSICAL AND TECHNICAL BENEFITS FOR THE C1 OR K1.***