

A kayaker is shown from a side-on perspective, navigating a turbulent section of a river. The kayaker is wearing a blue and orange kayak and a black helmet. They are holding a paddle and are in the middle of a stroke, with water splashing around them. The kayak has "WINNER PRO" written on its side. The background shows dark, jagged rocks and white, foamy water.

**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.

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.

DIFFICULTIES ON COMBINING C1 (K1) AND C2

MORE RUN DURING THE RACES

MORE TRAINING BEFORE THE RACE

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 $\frac{1}{3}$ of **C2** and $\frac{2}{3}$ 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 blocks 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 embarcation 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.***