



COMBINING K1 & C1

MARIE NĚMCOVÁ

WHO AM I?

MARIE NĚMCOVÁ

- Czech K1 and C1 athlete
- in the team since 2017 (C1)
- from 2021 on K1
- 2022 C1 WCH, 2023 K1 WCH, 2024 K1 WCH



HOW IT STARTS





CHARACTERISTICS OF THE DISCIPLINES

- C1** – asymmetrical
 - harder for stability
 - technical difficulty in the stream
 - **WATER READING**
 - **WORKING WITH THE CURRENT**



- K1** – symmetrical
 - good stability
 - **WATER READING**
 - **WORKING WITH THE CURRENT**

COMBINATION

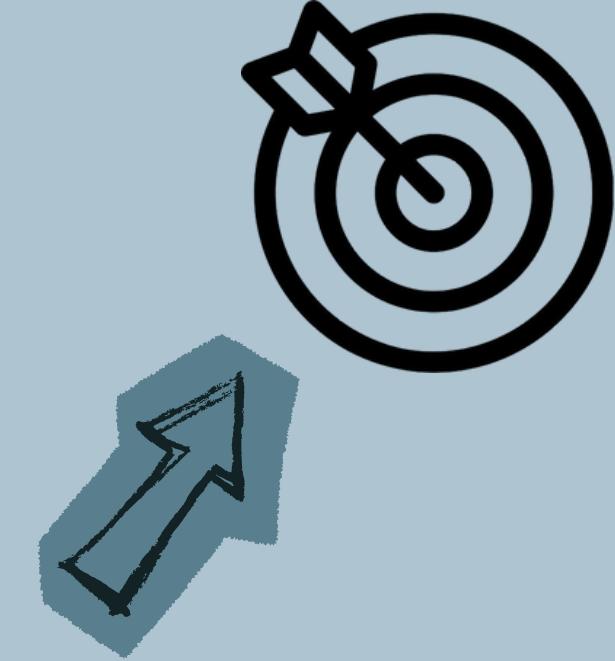


- TECHNICAL REQUIREMENTS
 - movement patterns
 - different technique
- PHYSICAL REQUIREMENTS
 - one-sided vs. two-sided
 - more training?
 - recovery?
- PSYCHICAL REQUIREMENTS
 - mentally stressful
 - mindset
 - pressure in two categories



TRAINING

- technique in both categories!
- sprints in both categories!



WHAT? WHEN? WHY?

- WHAT category and WHEN depending on races (WHY)
 - + season vs. off-season
- most often it is necessary to train both

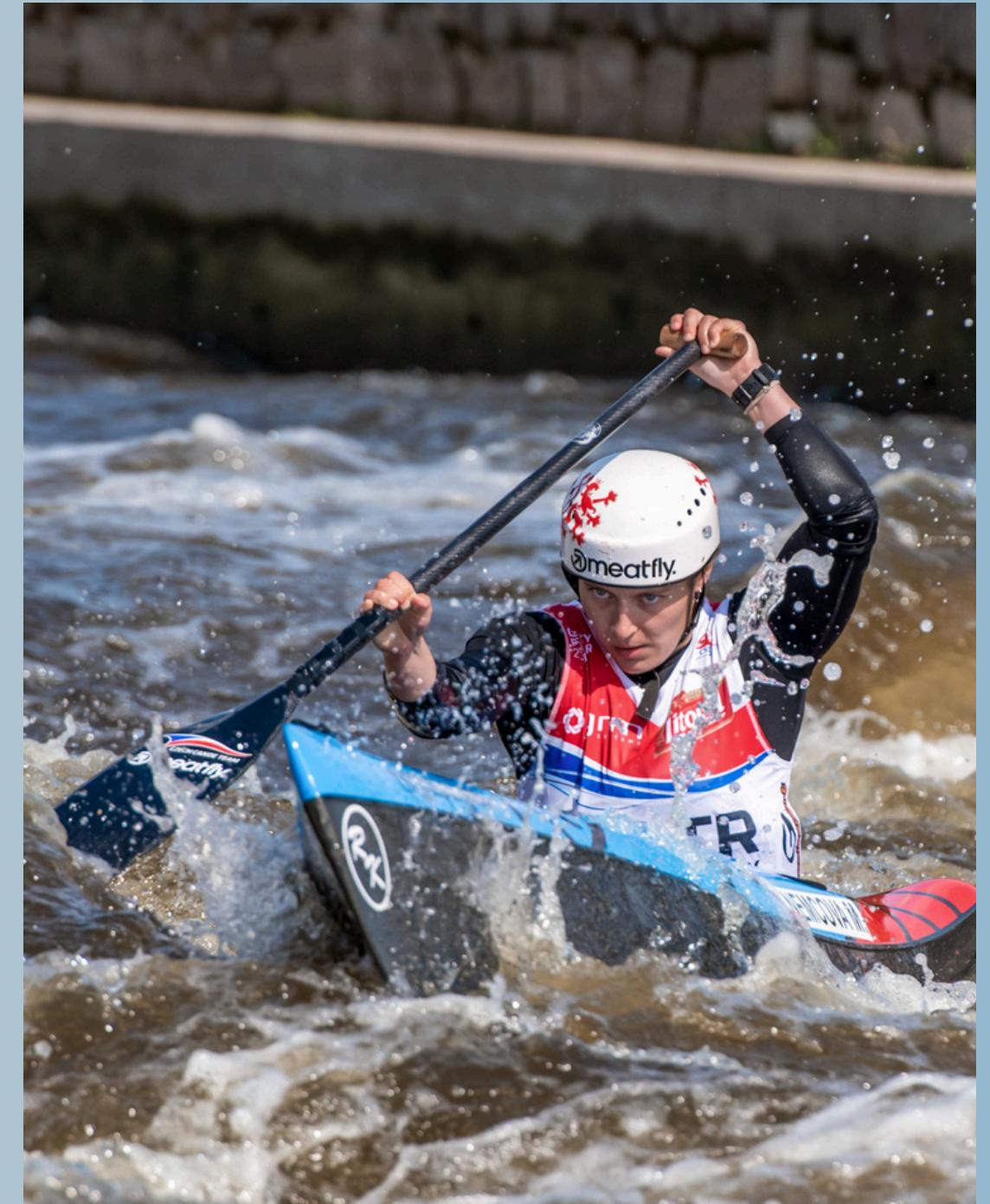
OUT OF THE WATER

- compensation exercises
- core, mobility...
- RECOVERY! – active, sleep...

POSITIVES VS. NEGATIVES

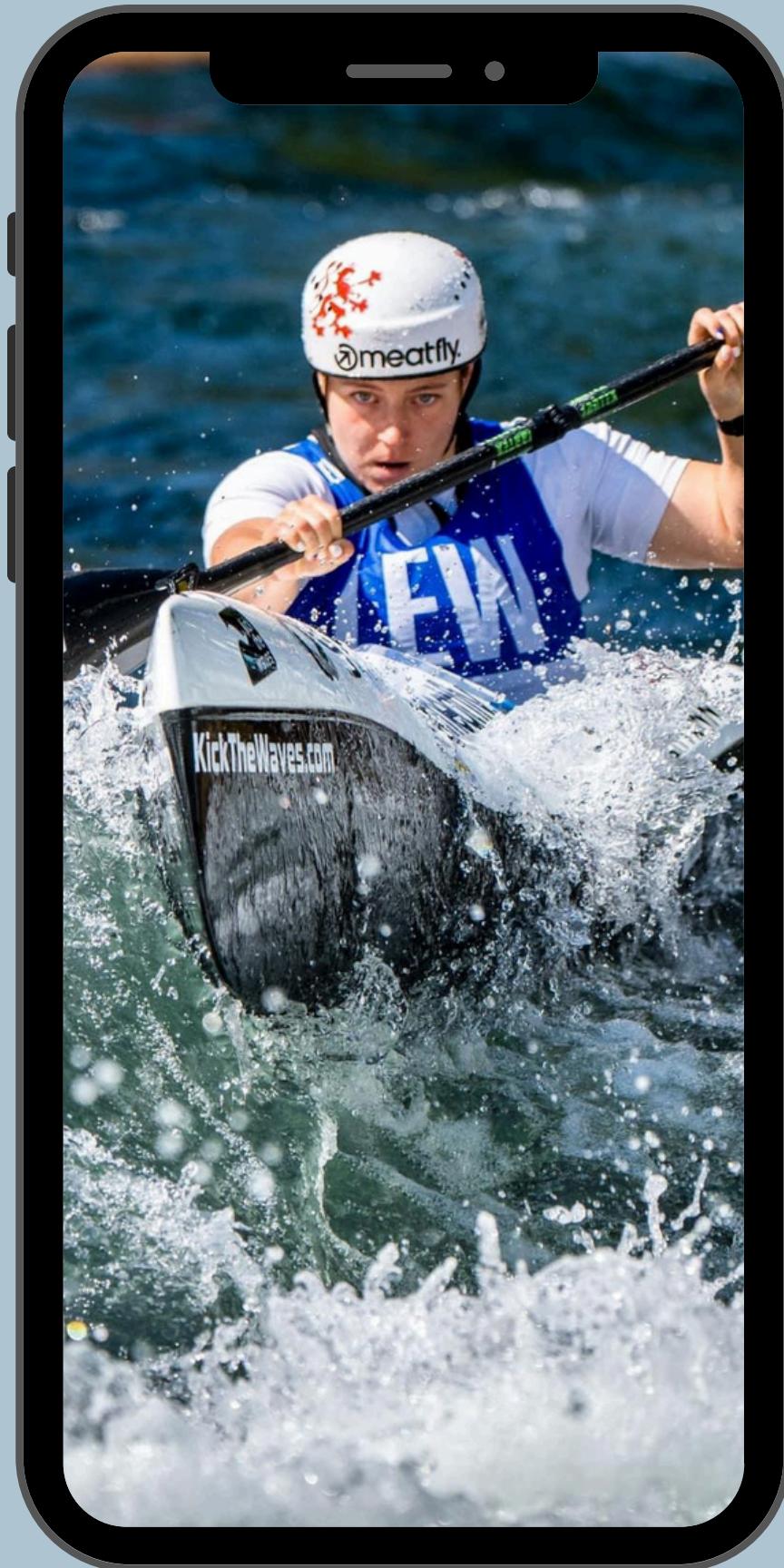
- using skills from the second category
- more fun
- ???

- more stress
- hard for training
- not enough time
- overload
- switching during the races



PERSONAL RECOMMENDATIONS BASED ON EXPERIENCE

1. It's necessary to train in both.
2. It's good to set goals (in general → if you race in one category).
3. Sometimes less can be more!
4. Take only one boat to a training camp.
5. If you're struggling, then even 20 minutes is enough.



TIME FOR
YOUR
QUESTIONS :)