



International  
Olympic  
Committee



## Report of the CANOE & KAYAK SPRINT COACHES SEMINAR 14 04 - 19 04 2026 Schinias / Piraeus GREECE

The Canoe Kayak Sprint Coach Training Seminar was successfully completed, which took place from 14 to 19 April 2026 at the Schinias Olympic Rowing Stadium and at the offices of the Hellenic Canoe Kayak, SUP & Surfing Federation.

The International Olympic Committee, through the International Canoe Federation (ICF), in collaboration with the Hellenic Canoe Kayak, SUP & Surfing Federation, organized the Canoe Kayak Sprint Coach Training Seminar. The seminar was held under the auspices of Olympic Solidarity and the Hellenic Olympic Committee.

The seminar was attended by Canoe Kayak and SUP coaches, students of the Faculty of Physical Education and Sports Science or schools of Physical Education and Sports Science, as well as athletes over 18 years of age who wished to train and develop their coaching knowledge and skills.

This specific action was an important opportunity for the exchange of know-how, the strengthening of coaching education and the development of the sport at a national level, with the ultimate goal of improving the performance of our athletes. The seminar is part of the international Olympic Solidarity programs, which aim to continuously upgrade coaching training, promote Olympic values and further develop Canoe Kayak in Greece. The speakers at the seminar were Mr. Zdzislaw Szubski, ICF Coach and Jan Francik, ICF Coach. The training seminar included theoretical courses & Practical courses.

**AGENDA & TOPICS OF THE CANOE  
AND KAYAK SPRINT COACHES  
SEMINAR**

**April 14, Tuesday**

**P.M. 16:00 – 20:00 (Schinias)**

**President of the Greek Federation**

**Georgios Athanasiou**

**OPENING of the second level of the course  
for coaches**



Participation of Greek athletes in the national team qualifiers for the World Cups, European Cups, and World Championships.

**Lecturer Zdzislaw Szubski, head coach of the Greek and Dutch national teams.**

Presentation topic:

01. Analysis of the Greek athletes' performance in the national team qualifiers and discussion of the course program for the coming days.

**April 15, Wednesday**

**A.M. 10:00 – 13:00(Schinias)**

**Lecturer Jan Francik, coach of the German national team.**

Presentation topic:

02. The concept structures the path from talent to elite athlete into clear phases:

**P.M. 15:00-18:00 (Schinias) Lecturer Jan Franci**

Presentation topic:

03. Key Content and Training Objectives:  
04. Talent identification and development

**Practical part (Technic in Canoe)**

**April 16, Thursday**

**A.M. 10:00 – 15:00 (Schinias)**

**Lecturer Zdzisław Szubski**

Presentation topic:

05. Squad Structure and Support:



FEDERATION CHILENA DE CANOTAJE																
FORCA Sub Max																
NOME	CARGA	CARGA - REPETITION								TOTAL CARGA - REPETITION						
		60	70	80	90	100	110	120	Repetition							
Exercise		60	70	80	90	100	110	120	60	70	80	90	100	110	120	
1 / 2.	50%	30	35	40	45	50	55	60	* 15 ) * 2	0,9	1,05	1,2	1,35	1,5	1,65	1,8
2 / 2.	60 - 70%	40	45	55	60	70	75	80	* 12 ) * 2	0,96	1,08	1,32	1,44	1,68	1,8	1,92
3 / 5.	75 - 85%	45	50	55	60	70	75	80	* 8 ) * 5	2	2,2	2,6	3	3,4	3,8	4,2
4 / 1.	75 - 80%	45	50	60	65	75	80		* 10 ) * 1	0,45	0,5	0,6	0,65	0,75	0,8	0,85
<b>PRESS &amp; ALON</b>									4,31	4,83	5,72	6,44	7,33	8,05	8,77	
<b>TOTAL</b>									* 2	* 2	* 2	* 2	* 2	* 2	* 2	
<b>Abdom</b>									8,62	9,66	11,44	12,88	14,66	16,1	17,54	
20 - 30%	15	15	17	18	20	21	21		* 20 ) * 5	1,5	1,5	1,7	1,8	2	2,1	2,1
20 - 30%	15	15	17	18	20	21	21		* 20 ) * 5	1,5	1,5	1,7	1,8	2	2,1	2,1
20 - 30kg	20	20	30	30	30	30	30		* 10 + 10 ) * 5	2	2	3	3	3	3	3
<b>TOTAL TRAINING TON</b>									13,62	14,66	17,84	19,48	21,66	23,3	24,74	

## INTERNATIONAL CANOEING FEDERATION

OBJECTIVE

ORGANIZATION & DISCIPLINE

=

**PLANIFICATION**

+

**IMPLEMENTATION**

+

**ANALYSIS**

=

**100% VICTORIA**

ZDZISLAW SZUBSKI  
HEAD COACH ICF / ITR

Presentation topic:

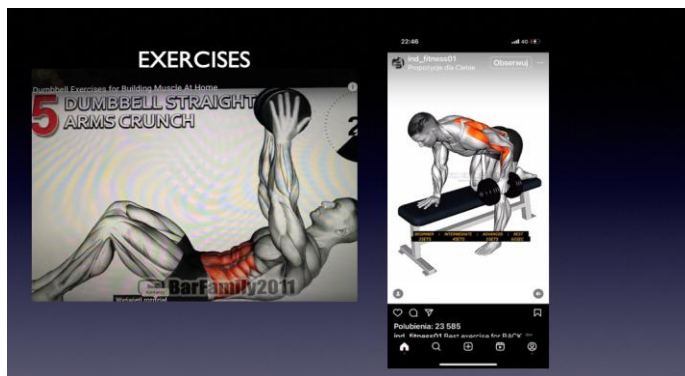
06. SUMMARY of coach Jan Francik's presentation and reflection on the level of work in Germany and Greece. The selection system and teaching the basics of sports education.

Identification and development of talent  
Principles of selecting youth for sports (kayaking).  
Assistance in systematic training, education, and preparation for life after a career ends **Practical part (Technic in kayak April 17, Friday P.M. 17:00 – 21:00 (Greek Federation))**

### TRAINING METHODS

#### CANOE - KAYAK

NOME	CODE	METHOD	TIME min	H / R %	LA mmol/l	% SPEED	HR Puls
REALIZE1	R1	Technik 8 - 12 km	50 - 60	65 - 70	< 2	< 70	120 - 140
REALIZE2	R2	Enduran. 12 - 16 km	60 - 70	75 - 85	2 < 4	80	140 - 160
AEROBIC	AE	Intensiti 6 - 8 km	20 - 35	85 - 90	4 < 8	85	160 - 170
ANAERO.	AN	Intensiti 4 - 6 km	08 - 18	90 - 95	10 >	90 - 95	170 - 180
COPMET. longe-race	Cl	RACE 1 - 2 km	04 - 08	MAX 100%	12 < 15	100	< 180
COMPET. Sprint-race	Cs	RACE 0,2 - 1 km	40" - 4	MAX 100%	08 < 12	100	< 180



Lecturer Zdzisław Szubski

Presentation topic:

- 07. Training plan. Methods and system for creating a training plan.
- 08. Age groups. Groups with different training levels
- 09. Combining strength with endurance

### STRENGTH & Conditioning Exercises

#### POWER

NOME	CODE	METHOD	TIME min	H / R %	LA mmol/l	TOTAL Ton	OBS.
FORCA MAX	Fm	ANAEROB	90-120	80 - 85	8 < 10	8 - 18	
FORCA SUB-max	Fsm	AEROBIC	60 - 90	85 - 90	8 < 10	18 - 36	
FORCA INTENSIT	Fint	AEROBIC Sprint	30 - 50	90 - 95	8 < 12	18 - 25	
FORCA ESPECIF	Fesp1	AEROBIC Race	30 - 50	100 MAX	8 < 15	12 - 18	
FORCA SPECIFIC	Fesp2	AEROBIC	20 - 30	75 - 85	6 < 8	8 - 12	
FORCA INDIVID	Find	AEROBIC Rest-Activ	20 - 30	70 - 75	4 < 6	8 - 10	





10. General foundations for combining other disciplines with kayaking.
11. Combining basic strength and kayaking training.
12. Basic Strength Training. Basic Kayak/Canoe Training

**April 18, Saturday**

**A.M. 11:00 – 15:00(Greek Federation)**

**Lecturer Zdzisław Szubski**

Presentation topic:

13. Supplementary Training, Running, Gymnastics, Swimming, and Core Training.



14. TRAINING PERIODS. Meso, Micro Cycles. Basic In-Season Goals.
15. The Difference Between Pre-Season Periods.
16. Supercompensation and Goal Achievement.

**April 19, Sunday**

**A.M. 10:00 – 12:00 (Greek Federation)**

17. Analysis and Discussion of the Second Level of the Coaches' Course

