



ICF TRAINING CAMP MILAN 2025
TIP MILAN 2025
MILAN – 15 / 25 AUGUST.

I. INTRODUCTION.

The World Championship in Milan was an excellent opportunity to demonstrate everything that has been worked on previously in the different training camps, It has been intended to reinforce the good work done in Poland and Portugal, to arrive in the best possible shape.

As for the work, the week before the competition a week of tapering has been carried out, ensuring that the team arrived in the best possible shape for the tests.

Milan has been a good touchstone for our athletes, in this time they have acquired and reinforced sports habits that will make them improve in terms of preparation for subsequent important competitions, this has been a first step after Paris 2024, and the goal is for all these selected talents to qualify on their own merits in their respective qualifiers, reinforcing the great development work that is being carried out by the International Federation.

I. LIST OF PARTICIPANTS.

I. ATHLETES:

1. Benilson Sanda (2000, M, Angola, Canoe)
2. Gyaneshwor Singh Philem (2004, M, India, Canoe)
3. Fernandez Ngunza (2006, M, Angola, Kayak)
4. Domingos Pacavira (2006, M, Angola, Canoe)
5. Nel John (2003, M, Philippines, Canoe)
6. Ojay Fuentes (1998, M, Philippines, Canoe)
7. Janus Ercilla (2003, M, Philippines, Canoe)
8. Ilyia Nadernejead(2003, M, Refugee, Kayak)
9. Saman Soltani (1996, W, Refugee, kayak)
10. Antonio Manuel (2000, M, Angola, Canoe)
11. Subhi Subhi (2003, M, Indonesia, Kayak)
12. Mateo Pérez (1994, M, Colombia, Kayak)
13. Herlin Aprilim Lali (2004, W, Indonesia, Canoe)
14. Mohamed Ismail (2005, M, Egipt, Kayak)
15. Hamza Hamed (2005, M, Egipt, Kayak)

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16. Yurely Andrea Marin Giraldo (1998, W, Colombia, Canoe)
17. Eldrik Dailoo (2007, M, Seychelles, Kayak)
18. Madison Velasques Lopes (2001, W, Colombia, Canoe)
19. Manuela Gomez Sanchez (2000, W, Colombia, Canoe)
20. Sergio Velazques Farfan (1987, M, Bolivia, Kayak)
21. Garima Garima (xxxx, W, India, kayak)
22. Samara Antony Chacko (xxxx, W, India, Kayak)
23. Gyaneshwor Singh Philem (2004, M, India, Canoe)
24. Musa Bangire (1999, M, Uganda, Kayak)

I. COACHES:

1. Sebastian Cuattrin (Brazil, ICF General Director)
2. Isaac Villa (Spain, ICF Head Coach)
3. Marlene La Tour (Venezuela, ICF Expert Coach)
4. Nikita Sergan (Roumania, ICF Expert Coach)
5. Giulio (Italia, new member ICF)
6. Arlin Pena (Colombia)
7. Ali Hassan (Egypt)
8. Philip Joachim Albert (Seychelles)
9. Cesar (Angola)
10. Ching Ching (India)
11. Andrii kraiton (Indonesia)

I. MILAN WORLD CHAMPIONSHIP RESULTS 2005

NAMES	RACES			
B. SANDA	CI 1000m (4:25.40) Time for q (15")	C2 500 m (1:50.80) Time for Final (5" FB/ 9"FA)		
M. ANTONIO	CI 500m (2:08.79) T. For Q (14")		CI 5000 m (27:53.24) T. For top ten (2:04")	
D. PACAVIRA	CI 200m (43.04) T for Q (3" FB/4" F/A)			
F NGUZA	KI 1000m (BT 3:55.55) T. For Q (17")	KI 200m (40.98) T For Q (4")	KI 500 m (1:55.64) T. For Q (11")	KI 5000m (Lapped 5:07) T. For not lapped (1:13")
S. VELASQUES	KI 200m (44.94) T. For Q (8")	KI 500 m (2:06.73) T. For Q (26")		
M. PÉREZ	KI 1000m (BT 3:49.38) T. For Q (11")	KI 200m (38.99) T For Q (1.6")	KI 5000m (Lapped 4:10) T. For not lapped (15")	KI 500m (1:47.25) T. For Q (8.25)
Y. A. MARTIN	CI 500m (2:22.04) T. For Q (7" F/B 12" F/A)	CI 5000m (29:57.75) T. For Top Ten (54")		
M. Velasques	C2 200m (45.31) T. For Q	C2 500m (BT 2:00.87) T. For Q FA (0.5)		
M. Gomez	FA (0.9)			
M. Ismail	KI 1000m (BT 3:52.46) T. For	KI 500m (1:48.10) T. For		

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	Q (13")	Q (7")		
H. Ahmed	KI 200 m (39.68) T. For Q (2")	K2 500m (1:49.09) T for Q. (17")		
I. Nadernejad	KI 200m (38.47) T. For Q (1.5)	KI 500m (1:49.30) T for Q. (17")		
S. Soltani	KI 1000m (BT 4:11.56) T. For Q FA (9")	KI 500 m (2:01.33) T. For Q (3")	KI 5000m (26:38.32) T. For Q. Top Ten (1:07")	
S. Subhi	KI 200m (38.20) T. For Q (1.75 F/B 2.15 F/A)	K4 500m (1:29.23) T. For Q (5")		
H. Lali	CI 500m (BT 2:13.28) T. For Q FA (5")	C2 200m (46.55) T. For Q (2")	C2 500m (BT 2:01.62) T. For Q. FA (2")	
G. S PHILEM	CI 1000m (4:23.36) T. For Q (8" FB/ 24" FA)	C2 500m (1:50.24) T Fo Q (5" FB / 10" FA)	C4 500m (1:48.59) T For Q FA (13")	
S. A. Chacko	KI 5000m (Lapped 4:25.48) T. For Q (45")			
G. Garima	K4 500m (1:54-49) T. For Q (13")			
J. Ercilla	CI 5000m (27:33.85) T. For Top Ten (1:45")	C2 500m (1:56.51) T For Q (11")		
N. Fabro				

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O. Fuentes	CI 200m (44.37) T. For Q (1.4" FB / 3.4" FA)	CI 500m (1:59.84) T. For Q (7.5" FB / 10.2" FA)		
M. Bangire	KI 5000m (Lapped 11:24) T For Q (7:01.25)			
E. Dailoo	KI 500m (2:39.76) T For Q (56")	KI 1000m (BT 5:23.75) T For Q (1:45")		

In this summary of times, the time they would need to take the next step has been taken into account, that is, if they are in final B, the time they would have needed to opt for final A, with this it gives us an idea of the work that must be done regarding partials, work strategy and planning.

2. TRAINING PLANNING.



"2025 ICF TIP PROGRAM MILANO" AUGUST 15-25, 2025"

ICF COACH's: Isaac Villa, Nichita Sergn, Marlene Latour.

Localitation: Milano-Italy (Idroscalo)



AUGUST												
TIME	FRIDAY 15	SATURDAY 16	SUNDAY 17	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24	MONDAY, 25	
6h:00-6h:40		Breakfast at Moxi Hotel										
7h:30 – 8h:00		Departure Hotel					Departure Hotel according whith the competition schedule					
8h:00 – 9h:00		PREPARE MATERIAL	30'Easy paddel	30' easy padel	30' easy paddel	COMPETITION						
9h:00 -10h:00		60' easy paddel	Break	Break	Break							
10h:00- 11h:00												
11h:00 –12h:00		break	Wp 10' 3(4(1'R3/1 R0))6' rest.	Wp 15'6 (250 mt R1/ 250 mt R2) 3' rest	start machine 4 (start x 50 mt + 100 mt tecnichal) full recovery.							
12h:00- 13:00		Lunch at the venue										
13:30 – 15:00		Coach Course (Athlete Break)					COMPETITION					
16h:00 – 18h:00		ARRIVAL		Wp 15'3 (100 mt r4 + 100 mt R1+ 100 mt								
		Test for objctive distance.	Wp 10'4(800 mt R3) 5' rest.	mt r4 + 100 mt R1 + 100 mt R5) full recovery (Heart Rate under 100 Pm)	Rest							
18h:00 – 19h:00	Departure Hotel					Departure Hotel according whith the competition schedule						
19h:00 – 20h:00	Dinner Fashion Hotel Linate.											
	Those who have completed their competition will receive specific training, which will be detailed in due course.											
	Competition protocol: Athletes must arrive at least an hour and a half before the start of the race and follow the protocol 20' + 20' + 20' (if it is the first race of the day). This means that they will start with 20 minutes of gentle paddling, just to check that everything in the boat is in order and in its place, followed by 20 minutes of warm-up on land and 20 minutes of warm-up prior to the competition. During the latter, they must never stand still, but remain focused on the race ahead, taking care not to interact with anyone and paying attention to their race number.											
	DEPARTUR E											

As it is a week of fine-tuning, it has been tried to carry out loading systematically, to reduce it as the tests progressed. On the first day, soft paddling sessions were carried out looking for positive sensations and a maximum amplitude of the paddling movement.

A test of objective distances was carried out on the team to see in what state of shape they came from training, where it was detected that several paddlers had not continued with the trend of training carried out in the sums of the TIPs.

As the days progressed, the training was modified seeing the tendency of the athletes to get tired, which was not the main objective.

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I. COACH EDUCATION PROGRAM.

Five presentations were made divided into four days, which were discussed: On the first day the training of women and sciences that surround our sport, biomechanics, hydrodynamics, physics, physiology, etc., on the second day the general principles of training were discussed, on the third day we dealt with physical conditioning and on the fourth day the rhythms of training in the water were discussed, according to the energy route that is intended to be improved.

In these four days, the classes were not a monologue, but rather a meeting of coaches, where they debated, discussed and reached conclusions, this caused the enrichment of everyone, from the students to the teacher, in addition at the end of each topic there were some questions, which were asked in an enjoyable way through the Kahoot.

In my opinion, the coaches showed a lot of interest in the topics to be discussed, especially that of training in women, we have very participative and collaborative coaches, who are eager to learn and solve many doubts about training.

3.- INDIVIDUAL ANALYSIS OF ATHLETES AND RECOMMENDATIONS.

2.2. BENILSON SANDA (ANG): The athlete in this championship has suffered ups and downs, there has been a certain lack of control in training and disconnection with the coaching staff of his country. As for his competition, he was weighed down by his psychological profile. He showed a positive attitude after the talk he had with his coaching staff, although the lack of training on his part was evident.



In the technical part, a deficiency of flexibility in the hip has been observed, and he must work the musculature of the lower body, to ostensibly improve his attack, as an observation in the use of the material, he must shorten the pole of the racket by at least two centimeters. As for the technical gesture, he must pick up his hand from below at the exit of the stroke, to provoke a more effective attack.

7	9		IND	Gyaneshwor Singh PHILEM	4:11.33	+19.02	QS	+
8	1		BUL	Preslav GEORGIEV	4:13.63	+21.32	X	+
9	8		ANG	Benilson SANDA	4:25.40	+33.09	X	-

	Distance	Rank	Time	Split	Time Behind
	250	7	58.85	58.85	+5.16
	500	8 (-1)	2:03.57	2:03.57	+12.01
	750	9 (-1)	3:14.18	3:14.18	+22.13
	1000	9 (=)	4:25.40	4:25.40	+33.09

As for the analysis of his competition, it can be observed that he starts at a good pace, but then he is unable to withstand it, lowering the last two partials to 1:15 which gives us a speed of 5 minutes per thousand, as a recommendation to improve this test would be to work series of 1' covering the distance of 250 meters for the improvement of his partials, looking for a minimum frequency of 55 strokes minutes.

2.3. **ANTONIO MANUEL (ANG)**. He has a more emotionally balanced profile than his teammate Belison, he knows how to approach competition and has a good gesture technical, which makes the paleo more efficient, he has developed a good lower and upper body, and a magnificent endurance, but he lacks coordination at high intensity to gain in paleo efficiency.



It is recommended that hypertrophy be worked on more, seeking an improvement in the implementation of a protein diet and only work on aerobics at times when many concepts are going to be worked, that is, in preseason. This boy needs kilometers of quality to improve the technical gesture to avoid bad habits acquired by shoveling with waves, such as pushing the racket down just when it is vertical and not activating the hip in time, isolating himself from the noise of his teammates, it can be good for him to improve concentration.

6	6	CAN	Connor FITZPATRICK	1:55.36	+2.80	QS	+
7	8	UKR	Pavlo BORSUK	1:56.04	+3.48	qS	+
8	1	ANG	Manuel ANTONIO	2:08.79	+16.23	X	-

	Distance	Rank	Time	Split	Time Behind
	250	8	1:00.73	1:00.73	+8.22
	500	8 (+)	2:08.79	2:08.79	+16.23

As for the analysis of his individual competition, in the 5000m he was penalized for portaging, although he is a good athlete to get off and get on the boat he lost about 20 seconds compared to his competitors, in the 500 he made a good first partial of 250 m, which he should have maintained, but it was impossible, as he was not prepared to withstand the lactic load, To improve this distance, I should

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work more on lactic acid tolerance with 150-meter series with incomplete recoveries.

2.4. DOMINGOS PACAVIRA (ANG). He is the best canoeist that Angola currently has, he has a very good potential, but he needs to focus on what is important, at his age he has a very good future if he continues to work hard. As for the technical gesture he needs to find the exact point of support in the water, since the boat walks in jumps and he loses the sliding of the boat, this is because he applies the force late in the water and that he lifts the front foot slightly, he has a virtue that his companions do not have and that is the movement of the hip, that activates it at just the right time.

7	8		INA	Evans MONIM	41.23	+2.48	X	+
8	1		TJK	Shahriyor DAMINOV	42.04	+3.29	X	+
9	9		ANG	Domingos PACAVIRA	43.04	+4.29	X	-

Distance	Rank	Time	Split	Time Behind
200	9	43.04	43.04	+4.29

As for the analysis of his competition, the 200m event is not suitable for this athlete, being the 500m more suitable to his profile, he must get rid of that halo that he is fast, because he can stay anchored in the distance and think that he is the fastest in his country. You should focus your efforts on the 500 m distances.

2.5.FERNANDEZ ENGUZA (ANG). Kayaker with good paddling technique, although he does not find the exact moment of application of force of the stroke in the water, because the attack he makes is done slowly, he must work on traction and impulsion out of the water, preferably in kayak ergometer, in addition to improving the hypertrophy of the upper and lower body, For the transmission of force in the AUGA, in terms of endurance it has a good resistance, as it carries the same rhythm during all the splits of its best time.

Rank	Lane	Country	Name	Time	Time Behind		
1	7	 KAZ	Kirill TUBAYEV	3:47.42	0.00	FD	+
2	5	 NED	Albart FLIER	3:50.01	+2.59	FD	+
3	6	 ANG	Fernandes NGUNZA	3:55.55	+8.13	FD	-

Distance	Rank	Time	Split	Time Behind
250	6	56.38	56.38	+4.34
500	6 (-)	1:56.73	1:56.73	+7.22
750	3 (+3)	2:53.61	2:53.61	+4.44
1000	3 (-)	3:55.55	3:55.55	+8.13

As for the analysis of his competition, it is worth highlighting the ability of this athlete to suffer and to know how to regulate his effort, as shown by his third partial made at 57", the thousand, which gives us a speed of that partial of 3:51 per thousand, work is recommended to improve the maximum oxygen consumption in the state of lactate concentration.

2.6. SERGIO VELASQUES (BOL). The athlete in question has arrived in a low state of shape, he has a good state of hypertrophy, but he is seen lacking kilometers in the water, since he has not arrived with all the ease of his technical gesture.

6	7	 RSA	Henry VAN DER WALT	1:46.10	+6.14	X	+
7	8	 EGY	Mohamed ISMAIL	1:48.10	+8.14	X	+
8	2	 BOL	Sergio VELASQUEZ FARFAN	2:06.73	+26.77	X	-

Distance	Rank	Time	Split	Time Behind
250	8	57.71	57.71	+10.29
500	8 (-)	2:06.73	2:06.73	+26.77

As for the analysis of his competition, it is seen in the 500m how he performs a 250 at the same speed as a canoe would do in 1000m, which leads us to think that he was not in his best form, since the second partial goes to 1:09, speed of 2:18 for the 500m.

2.7. MATEO PÉREZ (COL). An athlete who has been adapting to competition progressively, he started with a poor result in the kI 500 m, but improved it a lot in the kI 1000m and almost managed not to be doubled in the 5000m, if it were

not for the incident he had with the rudder. This athlete denotes good technique, but he needs to improve his hypertrophy, to acquire a more effective stroke, in terms of technique he needs to improve the mobility of his hip so that the paddling movement is more fluid and efficient.

Semifinal B 3 - Official						
Rank	Lane	Country	Name	Time	Time Behind	
1	3	 UZB	Shokhrukbek AZAMOV	3:40.62	0.00	FD +
2	5	 FIN	Eetu KOLEHMAINEN	3:42.57	+1.95	FD +
3	6	 KGZ	Rodion TUIGUNOV	3:52.24	+11.62	FD +
4	4	 COL	Mateo PEREZ	3:56.64	+16.02	FE -
				Distance	Rank	Time
				250	4	55.58
				500	4 (=)	1:53.71
				750	4 (=)	2:57.39
				1000	4 (=)	3:56.64
5	2	 TPE	Yu-Sheng PENG	4:04.93	+24.31	FE +
6	8	 SEY	Eldrik DAILOO	5:42.32	+2:01.70	FE +

Analysing his best competition we can see the fall in the 750 metres, it is something normal, this can be improved with speed maintenance work at high intensity.

2.8. YURELY ANDREA MARIN GIRALDO (COL). This girl is already of an age, where she must be at a higher level, although she has a great fighting capacity, it is not enough to reach the goal that she sets for herself, she knows that work is the key and she does it without remission, but she must improve various technical aspects and perhaps look for improvements in the appropriate training plans.

5	7	 AZE	Tetiana SMYLOVENKO	2:08.33	+6.13	QS	+
6	2	 KAZ	Rufina ISKAKOVA	2:13.88	+11.68	QS	+
7	8	 COL	Yurely A. MARIN GIRALDO	2:19.10	+16.90	QS	-
				Distance	Rank	Time	
				250	7	1:06.59	
				500	7 (=)	2:19.10	
8	1	 LTU	Julija JEVTUSENKAITE	2:24.24	+22.04	X	+

Analysing her best competition, the time is not close to being in a B final of a world championship, but it can be improved, with serious work on hypertrophy,

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hip mobility and technique, since she is quite fast at the start and if she managed to do the two splits at the same pace she would be very close to fighting for a final. The background work is to do kilometers in a canoe.

- 2.9. MADISON VELASQUES LOPEZ Y MANUELA GOMEZ SÁNCHEZ. C2 (COL).** Madison has a magnificent water grip and a very good hip movement, Manuela, she has a lot of explosiveness and together they form a very competitive boat.

Final B - Official						
Rank	Lane	Country	Team	Time	Time Behind	
1	4	POL	POLAND	1:57.39	0.00	+
2	5	UZB	UZBEKISTAN	1:58.38	+0.99	+
3	2	GER	GERMANY	2:00.17	+2.78	+
4	6	AIN	INDIVIDUAL NEUTRAL ATHL.	2:00.26	+2.87	+
5	7	COL	COLOMBIA	2:00.87	+3.48	-

Name	Distance	Rank	Time	Split	Time Behind
Madison VELASQUEZ LOPEZ	250	6	59.53	59.53	+2.50
Manuela GÓMEZ SANCHEZ	500	5 (+)	2:00.87	2:00.87	+3.48

Analysing the competition of these two girls, you can see that they are quite reliable at the start and in the final pace, something very difficult to see in a team boat. To improve the time, you have to work individually with each of them on the force to be applied in each stroke, and then attach it to the team boat.

- 2.10. MOHAMED ISMAIL (EGY).** A 20-year-old athlete, with a good projection, his physique is quite good, but he lacks kilometers, it is the evil of African athletes, I do not know the conditions they have in his country, but this boy would greatly lower his times in the KI doing work of many kilometers.

4	6	AUT	Timon MAURER	3:39.44	+10.93	SA	+
5	3	FIN	Eetu KOLEHMAINEN	3:42.24	+13.73	SB	+
6	8	COL	Mateo PEREZ	3:52.46	+23.95	SB	+
7	2	EGY	Mohamed ISMAIL	3:53.34	+24.83	SB	-

Distance	Rank	Time	Split	Time Behind
250	2	50.70	50.70	+1.30
500	6 (-)	1:48.80	1:48.80	+7.93
750	6 (-)	2:49.33	2:49.33	+15.36
1000	7 (-)	3:53.34	3:53.34	+24.83

8	1	AZE	Jeyhun VALIKHANOV	3:56.79	+28.28	SB	+
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Analysing Mohamed's competition, he falls a lot in the second set, which denotes some nerves in the competition and lack of control when he wants to go out with the first, in a slightly suicidal strategy and when he had to go back up he no

longer had the strength, it is recommended that he work on maximum oxygen consumption and concentration, to obtain a better result in the KI 1000 m, in addition to changing strategy.

- 2.11. **HAMZA AHMED (EGY).** First opportunity to show that he is fast and makes mistakes, nerves play tricks on him, in training he has worked quite well in terms of stroke, but he has not managed to transmit that stroke in competition. This athlete, like his partner, needs kilometers to improve his technique, reduce a little hypertrophy and improve coordination strength.

5	4	 AUS	Pierre vd WESTHUYZEN	35.49	+0.67	QS	+
6	7	 RSA	Henry VAN DER WALT	36.72	+1.90	QS	+
7	8	 KAZ	Dmitriy KHOLMOGOROV	37.13	+2.31	qS	+
8	2	 FIN	Joona MAENTYNEN	37.51	+2.69	X	+
9	9	 EGY	Hamza AHMED	39.68	+4.86	X	-

Distance	Rank	Time	Split	Time Behind
200	9	39.68	39.68	+4.86

Analysing your competition 5 seconds is a lot of seconds to opt for a classification in 200 metres, which is why you should change your tactical approach, and not come out as someone who loses control, coordination work and focus work on the competition are recommended.

4.- CONCLUSION.

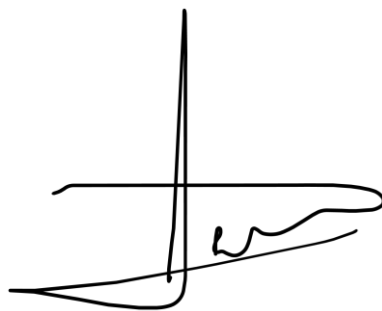
The positive impact of the previous work carried out on the TIP in Poland has been clearly appreciated. Most of the athletes have arrived at this World Championship in Milan with an excellent level of fitness. Some countries, due to deficiencies in communication with their athletes, have not been able to maintain the continuity of training since the Montemor camp; however, the vast majority have shown remarkable evolution and outstanding performance during competition.

The development programme promoted by the ICF has been extraordinary, demonstrating high-quality technical and structural direction. It is essential that this work is continued by their leaders, so that more and more countries – and even

continents – can get closer to the Olympic A finals, a goal that just four years ago seemed unattainable for many of them.

As for the support team, their performance has been exemplary. They have always been at the foot of the cannon, ensuring the training, safety, health and performance of athletes. Their coordinated work and commitment to established guidelines have been key to the group's overall success.

Isaac Villa Santos.
Head Coach

A handwritten signature in black ink, consisting of a vertical line intersected by a horizontal line, with a stylized flourish extending to the right.

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