



YEARLY KILOMETER GUIDELINE: FOR ALL TRAINING STAGES



STAGES OF TRAINING	DISCOVER CANOE & KAYAK	BEGIN: LEARN TO TRAIN	TRAIN TO TRAIN	TRAIN TO TRAIN & LEARN TO COMPETE	TRAIN TO TRAIN & TRAIN TO COMPETE	TRAIN TO COMPETE & LEARN TO PERFORM	TRAIN TO PERFORM & LEARN TO WIN
Age	9-10	10-12	12-13	14-15	16-18	18-21	21 +
Singles Km/Year	204-335	289-629	816-1020	1190-1530	2040-3315	3315-3570	3600+
Crew Boats Km/Year 2-3 X per week	36-51	51-111	144-180	210-270	360-585	585-630	600
Skill Objectives	-Discover Different Boats & Paddles -Balance -Agility -Basic Technique	Coordination -Agility -Balance -Proper Technique	Development Of Strategy -Pacing -Self Control -Refinement Of Skills & Technique	-Pacing -Race Plans -Control Of Technique Under Different Stress	-Perfect Race Plans -Control Of Technique Under Different Stress	-Strategies For Ultimate Performance	Strategies For Winning
In-Boat Skills and Drills (Hours/Year)*	20	28	30	18	18	18	10
Crew Boat Skills/Drills (Hours/Year)*	8	10	10	6	6	6	4

*In addition to KM recommendation- **ALWAYS TRY AND ACHIEVE QUALITY KILOMETERS**