

Long-Term Athlete Development Framework for Canoe/Kayak

		Active Start	FUNDamentals & Foundations	Training to Train	Learning to Compete	Training to Compete	Training to Win	Active for Life
AGE	FEMALES	0-6	6 to 11	11 to 15	13 to 15±	15 to 23±	23±	anytime
	MALES		6 to 12	12 to 16	14 to 17±	17 to 23±		
PHASES		Fundamental Movement Skills	Fundamental Sport Skills; Canoe/Kayak Skills	Physiological Development	Continued Physiological Development; Competitive Development	Competitive Development	Performance	Health
Skill Development			basic paddling skills; balance & boat control	intermediate paddling skills	gross motor refinement; advanced paddling skills; technique under race conditions	technical refinement; refinement of decision making skills;	technical maintenance; refinement of raceplans; performance management	goal specific
TRAINING FOCUS		FUN/ Play Skill development		General Endurance	Sport Specific Endurance; Strength; Speed		Improve & Maintain Strength, Speed, Endurance + Ancillary Capacities	Fitness, Fun, Well Being
CRITICAL WINDOWS OF TRAINABILITY			Speed 1 Suppleness Basic Skills	Speed 2 Aerobic Capacity				
				Strength		Females 13 - 17 Males 14 - 19		
VOLUME OF TRAINING			3-5 sessions/week; progressing to 4-6 sessions/week	In-season: 4-8 sessions/week off-season: 4-6 sessions/ week	In-season: 8-12 sessions off-season: 6-9 sessions	9-12 sessions/week year round	individualized	goal specific
Mental Preparation			build desire to stay involved; build self confidence	develop focus; effective goal setting; breathing & relaxation skills; athlete/coach communication & feedback	focusing & re-focusing; effective goal setting; assessing training & competition; visualization; relaxing vs. energizing	continually refining mental skills; developing 'correct level of intensity'	attention to detail; managing distractions	
Monitoring			aerobic capacity; agility; flexibility; height	aerobic capacity; flexibility; height	aerobic capacity; height; general strength	aerobic power & capacity; anaerobic power & capacity; sport specific strength	aerobic power & capacity; anaerobic power & capacity; sport specific strength	general well-being
REGATTAS			Club	Divisional	Interdivisional/Provincial	National	International	