



USA Outrigger Racing Canoe Association

Town Hall Recap and Important Information

Important Information about World Sprints 2022:

- We are proceeding under the assumption that this event will be happening!
- When USAORCA knows more about the event planning, we will relay this information to you.
- Changes in the COVID-related travel restrictions for all IVF nations are being monitored and taken into consideration for the feasibility of this event.
- Team GB and the International Va'a Federation will conduct a feasibility review for this event during the final week of February.

Please fill out the [paddler participation survey](#) by February 10, 2022.

The Elite team coaches and the V1 selection group need this information to make decisions about further recruitment efforts, planning camps, and planning further outreach to you. PLEASE complete this by Feb 10, 2022. If you have already filled this in, there is no need to duplicate your response.

Important Dates to Remember

For any paddlers interested to be considered for the Elite V6 and V12 boats!

- A 5 mile (8.04km) time trial! Your information is due between March 13 and March 17th. Please pay attention to the USAORCA page and to your email to ensure you know exactly the information you need to provide your coaches.

- This is a heart rate controlled time trial on an out and back course. This should be done in [Zone 3](#).
 - You should wear a heart rate monitor that exports data to a shareable platform like Garmin Connect or Strava. Otherwise, please have a way of photographing the data from your heart rate monitor to show that your average heart rate over the distance is equivalent to *your* “zone 3”. You can find your “zones” by using a test as described below or by calculating your zone based on a [heart rate zones calculator](#).
 - **This time trial should only be done on the water if it is safe per the winter/ spring storm conditions in your area!** If you are unable to do this trial on the water because of weather, there are two land-based options:
 - 10,000 meter row on a Concept2 indoor rowing machine.
 - 10km/ 6.2 mile run, ideally on a flat course.
 - Please watch the USAORCA page for more information about the time trials. Also, contact your coaches for more instructions on how to complete the time trials, whether on-water or on-land.

For any paddlers interested to be considered for the V1 berths! You must also fill in the paddler survey at the top of this note.

- The V1 selection group will also need a second round time trial from each paddler interested in racing V1. We had some age groups with 5-9 paddlers hoping to represent one of the three USA lanes.
- A 250m time trial and a 500m time trial. Your information is due between March 13 and March 17th. Please pay attention to the USAORCA page and to your email to ensure you know exactly the information you need to provide.
 - You will need to provide information with GPS and heart rate. A Strava or Garmin Connect account to show your speed and heart rate and path over distance is essential for this time trial.
 - This should be done on as fair a course (still water) as is available to you.
 - You will need to provide video of your 250m time trial. Video of your 500m trial is optional.

- These time trials will be used for finalizing who is offered which berth and determining alternates.

What you need to do now

Get into good cardiovascular conditioning shape! Some workouts to help you get started are shared at the bottom of this memo.

Recap of Points from the Town Halls

V6 and V12 Elite Divisions

- Paolo Ameglio and Diane Kadolph-Ray were introduced as your coaching team for 2022 World Sprints. Paolo and Diane are in charge of coaching for the Elite V6 and V12 divisions.
 - Paolo and Diane do not have oversight of your club boat selection but can be contacted for advice about training.
 - [Contact Paolo](#) or [Contact Diane](#).
- For the Elite V6 and V12 division, we have your initial time trials. At this point, all who submitted time trials are being considered!
 - New paddlers are encouraged to contact the coaches to register their interest, submit a 500m time trial and to complete the 5 mile time trial by no later than March 17th.
- The Elite coaches will be inviting paddlers to a spring/ summer camp based upon their 5 mile trial and other fitness tests that will be announced by your coaches soon.
 - All paddlers should be honest and meticulous in submission of data for time trials as this is necessary for the coaches to make equitable comparisons of paddlers across the country.
 - Please watch USAORCA for information on how to submit workouts to your coaches.

- Athletes need to look at the sample workouts below and be prepared to share how they have done on these with the coaches around the same time they submit their time trial information.

V1 Divisions

- Sara Jordan and Lori Jorgenson were introduced as the race committee for USAORCA for the 2022 World Sprints cycle. Sara and Lori will make selections for the V1 divisions for all age groups.
 - There is not a club division for V1s.
- Sara and Lori need the information on the paddler participation survey, particularly whether you intend to race V1, elite V6 and club V6 to seed the age groups.
 - [**Paddler survey**](#)
- If any paddlers would like to be considered for V1 but were not able to submit a time trial by the December deadline, Sara and Lori will review new paddler time trials until March 17th.
 - We had *very few* men submit time trials for V1 slots and no juniors. Please encourage paddlers in all male age divisions and both gender divisions for juniors to submit time trial information.
- If you submitted a time trial for V1 and a video of your time trial, you are being considered for one of the open or age group berths. We will need additional time trial and other information to make the offers.
- V1 paddlers are responsible for their own training and preparation for this event. However, they are welcome to contact the coaches for advice and to follow the training provided to the elite V6 paddlers.

Some workouts to help you get started

February 2022 – Endurance/Develop Base Fitness

- [**Sample Base Building workout**](#)
 - LSD (long slow distance/ HR zone 2/3) with two of those days in a weighted canoe (add 10-20#).

- 2-3 days a week

- **Sample Base building endurance building workout**

- **6 x 8:00 minutes with 2 min rest**

- Keep your 8 minutes in HR Zone 3
- 1 day per week

- **Broken Ladder**

- 10 min Warm up
- Repeat the following steps 5 times
 - 1min on max effort zone 3, 1min active rest
 - 2min on max effort zone 3, 1min active rest
 - 4min on max effort zone 3, 2min active rest
 - 2min on max effort zone 3, 1min active rest
 - 1min on max effort zone 3, 1min active rest
 - 2min passive rest
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- **Interval/sprint work**

- 10 min warm up get yourself to zone 3
- 5 times 1:00 min all out with 2:00 min recovery (1 min active+ 1 min non-active recovery)
- 2 times 8:00 minutes in Zone 3 with 2 minutes of active recovery between sets)
- 10 min Cool down
 - 1 day per week after a rest day

- **Push Endurance**

- 60 to 90 minutes for a good weekend paddle
 - 1 day per week

Two Ways to Find your Heart Rate Zones

For those interested in the Elite V6, you will need to familiarize yourself with heart rate zone training. Please review a few of the hints below to understand more about this.

A Workout based test:

While wearing a heart rate monitor, on a rowing erg (not a paddle adapted erg!)

- Warm up easily for 10 minutes.
- Perform one round of Tabata sprints (8x(20 seconds at max effort, 10 seconds at minimum effort). Record your heart rate at the end of the tabata.
 - Rest for 2 minutes.
- Perform one round of Tabata sprints. Record your heart rate at the end of the second tabata.
 - Rest for 2 minutes.
- Perform one round of Tabata sprints. Record your heart rate at the end of the third tabata.
 - Rest for 2 minutes.

Your Max heart rate is the average of your three end of tabata heart rate values.

Example: HR at the end of tabata 1== 168, HR at the end of tabata 2==170, HR at the end of Tabata 3== 174; your average is 170.66 to 171 bpm.

A Mathematical way to Estimate your Heart Rate Zones

You're aiming for a target heart rate in the vigorous range of 70% to 85%, you can use the heart rate reserve (HRR) method to calculate it like this:

- Subtract your age from 220 to get your maximum heart rate.
- Calculate your resting heart rate by counting how many times your heart beats per minute when you are at rest, such as first thing in the morning. It's usually somewhere between 60 and 100 beats per minute for the average adult.
- Calculate your heart rate reserve (HRR) by subtracting your resting heart rate from your maximum heart rate.
- Multiply your HRR by 0.7 (70%). Add your resting heart rate to this number.
- Multiply your HRR by 0.85 (85%). Add your resting heart rate to this number.

- These two numbers are your average target heart rate zone for vigorous exercise intensity when using the HRR to calculate your heart rate. Your heart rate during vigorous exercise should generally be between these two numbers.
 - For example, say your age is 45 and you want to figure out your target heart rate zone for vigorous exercise using the HRR method. Follow these steps:
 - First, subtract 45 from 220 to get 175 — this is your maximum heart rate.
 - Next, check your resting heart rate first thing in the morning. Say it's 80 beats per minute. Calculate your HRR by subtracting 80 from 175. Your HRR is 95.
 - Multiply 95 by 0.7 (70%) to get 66.5, then add your resting heart rate of 80 to get 146.5.
 - Now multiply 95 by 0.85 (85%) to get 80.75, then add your resting heart rate of 80 to get 160.75.
 - Your target heart rate zone for vigorous exercise is 146.5 to 160.75 beats per minute.

March 2022 – Endurance

1. 1 day LSD with weighted canoe
2. 3 day intervals with longer work and shorter rest (example: 6x 4 minutes at 90% effort, 1 minute active recovery)
3. 1 day of push endurance
4. Technique – TBD