

ULTRA FIT MASTERCCLASS OCEAN PADDLING

SO MUCH HAS HAPPENED IN THIS GREAT SPORT SINCE WE LAST REVIEWED IT. THE EQUIPMENT GETS BETTER EACH YEAR, THE NUMBER OF PARTICIPANTS GROWS EACH YEAR, AND NOW MORE THAN EVER THERE IS AN EXTENSIVE SOCIAL/RACE EVENT SCENE IN MOST COASTAL AREAS OF THE COUNTRY. PADDLING IS MORE THAN ON THE WAY UP, IN AUSTRALIA THIS SPORT IS BOOMING, AND ULTRA FIT TAKES A LOOK AT WHY...
By Michael Henry and Tim Jacobs

With nationwide access to brilliant waterways, measurable health benefits, paddling offers a social sport with adventure, enjoyment and competition. Australia's competitors are battling it out for first place generally with South Africans at most international events, as we produce more and more world class competitors in this fun sport.

Ultra FIT is proud to sponsor the Oceanseries being held over 6 events in Sydney. This series of 6 races is aimed at racing skis which are the long narrow sit-on style skis you see at all the surf clubs throughout Australia. As pictured they are fast angular surf skis measuring more than 6 metres long.

We were thrilled to catch up with Australia's No.1 ocean paddler Mr Tim Jacobs from Sydney's Northern Beaches. Being a keen ocean paddler myself I wanted to extract some paddling tips from Tim and see if I could become a faster, better paddler.

Tim has consistently won local and international events including taking out the prestigious 2008 Dubai Shamaal ocean race where he took home a well earned winning cheque, plus cemented his place in the ranks of the best ocean paddlers in the world!

Tim outlines for us a range of basic truths that will make you a better paddler, plus we managed to squeeze out of him his own 4-week training plan, that has the potential to get an average paddler like myself into serious competition-ready shape.

First let's take a look at the boat (ski) that you need for racing in such a sport.

Like most sports, there are quite a few brands to choose from. The Oceanseries is sponsored by Epic Kayaks who have earned themselves an excellent reputation for fast, stable ocean skis. The Epic range are great for relaxed paddling right through to being the choice of champions for any level of event. Most skis are designed for races of between 10km to 75km. These skis are much lighter in construction as they are not designed for continual use through breaking waves. Even though there is no weight limit, or width/length restrictions for this type of ski in competition they are getting lighter and faster all the time. Some ocean skis may be made as light as 10kg but generally most weigh around the 15kg mark and are made of fibre glass and epoxy with carbon fibre re-enforcement. The Epic V10 is a popular model and prices start at around \$2800 incl GST and go up to \$6000+GST for lightweight models. Visit www.epickayaks.net.au for more options.

Like several other brands the foot pedals in the V10 are adjustable, so the ski can be made to fit all leg lengths for most adults with a simple adjustment.

SO WHAT'S IT LIKE TO PADDLE ONE OF THESE SKIS?

It is wonderful! The ski glides through the water even in chop. They are very fast. An average paddler can cover 10km in an hour! You can go just about anywhere and if you have a normal car with roof racks you are ready to take your ski anywhere you go. It is unlikely that many people can hop into one of these skis and paddle straight away. You need a few days to get used to balancing in any ocean ski. The bottom is rounded and although there is a fin at the back for steering, it does not offer much stability especially at low speeds. We suggest you take your new ski to a nice sandy flatwater spot where you can get used to falling in and still enjoy this great sport.

Once you are good you can take your ski in the ocean to race or do a downwind run where you head out from shore and paddle with the wind to your back and you glide along with the ocean swells. Don't do this on your own please as our oceans are unpredictable. I have been in big oceans that are fairly humbling, plus I have been often surrounded by inquisitive dolphins whilst paddling. The best thing about this sport is that like cycling, once you have the gear this sport is free!!!

WHAT EFFECT DOES PADDLING HAVE ON THE BODY?

Most people are under the impression that ski paddling is a great arm workout, and that's about it! When analysing the correct stroke paddling uses nearly every muscle in the body. Leg drive, torso rotation and punching all lead to an effective powerful efficient stroke. When looking at the physical attributes of a competitive paddler the physique is usually one to be admired.

Paddling correctly three to four times a week one can expect

immediate results in lean muscle mass. Greater definition of the pectorals, deltoids, latissimus dorsi, biceps and triceps not to mention the development of a desirable six-pack (abdominals).

Once you have applied yourself to maintaining a proper technique throughout a paddling workout, you can then determine what type of training session you want. Aerobic, anaerobic, interval, continuous or Fartlek are easy to adapt to paddling. One problem associated with people new to paddling is keeping your Heart Rate in a desired target zone (eg 150 – 180 bpm).

TIM'S TIPS

HYDRATION:

Maintain your fluid consumption. Drink a minimum of 2-3 litres of water a day, even on days that you are not training as it will help with recovery and preparation for your next training session.

NUTRITION:

Eat smart, plenty of protein to help with muscle growth and recovery and plenty of carbohydrates for energy. Just like a car, your body will perform better if you put the correct fuel in it.

BE PREPARED:

Never go into a race thinking you are going to blast everyone away, we paddle in a very open environment that constantly changes. Be ready for anything.

BE CONFIDENT IN YOUR OWN ABILITY:

Know that you have done the work (training) and have what it takes.

TECHNIQUE:

Something that you should be working on every time you paddle. If your fitness level is as good as the next person's but your technique is better, YOU will go faster.

FEEL FOR THE WATER:

Is your stroke through the water as efficient as possible, are you propelling yourself forward as easily and as fast as possible.

COMFORT:

Are you comfortable with your set-up on your ski, is it easy to get to your hydration pack and food easily. Can you sit in this position for up to 3 hours?

DO THE WORK:

Get out and do the training. Learn how to push yourself, it will help you in all facets of life.

BE HUMBLE AND GRACIOUS:

You will not always win but you will not always lose either.

ASK:

If you are unsure ask, ask your training partner how they think your technique looks. People looking at you see a lot more of yourself than you do.

CORRECT TECHNIQUE GUIDE.

Tim gave us some very handy tips with this technique guide that might be of value...

1. Start with posture, sit up nice and straight in your boat with your bum in the back of the seat, don't roll in under yourself. Lean slightly forward.

2. The easiest way to describe where your hands should be is by imagining that if you were looking at yourself from the side your hands are making a rectangle. The top of the rectangle is at your eye level. The front of the rectangle is your hand dropping from up at eye level and spearing your paddle into the water.



The bottom of the rectangle is your hand pulling the blade through the water.



Once the blade is in the water at the start of the stroke your bottom hand stays parallel with the water and should not be getting wet. The back of the rectangle is your hand exiting the water in line with your hip.



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"THE SKI GLIDES THROUGH THE WATER EVEN IN CHOP. THEY ARE VERY FAST. AN AVERAGE PADDLER CAN COVER 10KM IN AN HOUR!"

The paddle then flicks up and finishes up at your ear.



3. Both arms work together in unison throughout the stroke, both are working equally to drive forward and pull the blades through the water.



4. The catch or entry of the blade into the water is to be powerful and light at the same time, this is the part of the stroke where you will generate your speed from smoothly pulling the blade through the water down the line of your ski, making sure that you have a feel for the water that you are pulling against. You do not have to rush your stroke, make it smooth and efficient.



Tim Jacobs, Australia's No1 Ocean Paddler

THE TIM JACOBS TRAINING PLAN

Training is broken into three phases;

- **ENDURANCE**
- **TEMPO / INTERVAL**
- **SPEED**

• Early in the season I do lots of endurance and tempo training and as the season progresses I add in some speed sessions. Your speed will naturally come to you if you get your technique right and fitness level up.

- Included are 4 weeks of training that I did at the start of this season in the lead up to the ocean series.
- Everyone can do the sessions that I set, it comes down to how hard you push yourself and what you want to get out of each session that makes them hard or easy.

If you follow this plan you will be in great shape to compete in this sport.

Best of luck,
Tim Jacobs. **ufm**

WEEK 1

DAY	AM PHASE: ENDURANCE/BASE	PM
MONDAY 17/8/09		
TUESDAY 18/8/09 SPIT 5.15AM	2 x 15 mins 1 out 1 in	
	2 x 10 mins 30 secs rest between each	
	2 x 5 mins	
WEDNESDAY 19/8/09 SPIT 5.15AM	kayak if you have one	boxing circuit, 6.30 at freshie
	1 x 10 min	
	1 x 20 min	
	1 x 30 min	
	getting faster throughout the session with 30 second break between each set	
THURSDAY 20/8/09 SPIT 5.15AM	6 x 10mins	
	1st 10min= 70% effort	
	2nd 10min= 80%	
	3rd 10min=90%	
	go through this twice 30 secs rest between each	
FRIDAY 21/8/09		
SATURDAY 22/8/09 FRESHIE 6.30 MANLY 7AM		
SUNDAY 23/8/09		

WEEK 2

DAY	AM PHASE: ENDURANCE/BASE	PM
MONDAY 24/8/09		
TUESDAY 25/8/2009 SPIT 5.15AM	10, 9, 8, 7, 6, 5, 4, 3, 2, 1 min	
	build throughout session	
	30 secs rest between each	
	13km	
WEDNESDAY 26/8/09 SPIT 5.15AM	3 x 10 mins build within each one	boxing circuit, 6.30 at freshie
	30 mins hard effort	
	13km	
THURSDAY 27/8/09 SPIT 5.15AM	2 x 15mins 1 out from shore and 1 in to shore	
	2 x 10 mins out from shore wash rides	
	2 x 5 mins hard effort	
	13km	
FRIDAY 28/8/09		
SATURDAY 29/8/09 FRESHIE 6.30 MANLY 7AM	8 x 10mins up the coast in the same direction	
	odd number of effort (1 3 5 7) add resistance with knotted strap around your ski	
	even number of effort (2 4 6 8) no resistance back down the coast.	
	30km	
SUNDAY 30/8/09		

WEEK 3

DAY	AM PHASE: TEMPO	PM
MONDAY 31/8/09		
TUESDAY 1/9/09 SPIT 5.15AM	3 x 20 mins 1st, 4 mins steady, 1 min hard effort 2nd, 3 mins steady, 2 min hard effort 3rd, 2 mins steady, 2 mins hard effort 13.5km	
WEDNESDAY 2/9/09 SPIT 5.15AM	10 x 6 mins odds, 75-80% evens, tempo 2 mins, alt. 70,80,90% 30 secs rest between each 13km	boxing circuit, 6.30 at freshie
THURSDAY 3/9/09 SPIT 5.15AM	30 mins build each 10 mins 30 mins 1 min steady, 1 min hard effort 13km	
FRIDAY 4/9/09		
SATURDAY 5/9/09 FRESHIE 6.30 MANLY 7AM	20mins steady 70% paddling then 4 x 5mins hard effort 90% 27.5km	
SUNDAY 6/9/09		

WEEK 4

DAY	AM PHASE: TEMPO	PM
MONDAY 7/9/09		
TUESDAY 8/9/2009 SPIT 5.15AM	10, 9, 8, 7, 6, 5, 4, 3, 2, 1 min 30 secs rest between each evens washleads, odds hard effort	
WEDNESDAY 9/9/09 SPIT 5.15AM	3 x 20 mins 1st, 4 mins steady, 4 mins hard effort 2nd, 2 mins steady, 2 mins hard effort 3rd, 1 min steady, 1 min hard effort	boxing circuit, 6.30 at freshie class 1, 6-7pm classs 2, 7.15-8.15
THURSDAY 10/9/09 SPIT 5.15AM	6 x 9mins odds, efforts 1 3 5, hard paddle evens, efforts 2 4 6, broken into 3 x 3mins continuous, alt. 70,80,90% between each	
FRIDAY 11/9/09		
SATURDAY 12/9/09 FRESHIE 6.30 MANLY 7AM		
SUNDAY 13/9/09		

The 2009 Oceanseries has been generously sponsored by the following companies >>>

