

## Lactic Tolerance Session

Very, very hard work (lots of burn!!). This session should be carried out at maximum effort with complete rest in between sets.

If possible, try to replicate game activities within a circuit or on slalom gates. Aim for laps of approx. 30 seconds (e.g. include forward sprints, turns (90 and 180) and a few reverse strokes).

At the start of this session warm up for around 5-10 minutes using all the movements that will be carried out in your session.

At the ends of this session paddle gently for around 5-10 minutes to remove the lactic acid from your muscle.

Lactate sessions on consecutive days -alternate sessions with aerobic or skill.

If you have a problem timing the 30 seconds is about 1 width of the lake. As long as you use that as a marker then that's OK.

### Warm up

30 seconds (1 lap) on and 15 seconds complete rest x 3

60 seconds (2 laps) on and 30 seconds complete rest x 2

90 seconds (3 laps) on and 45 seconds complete rest x 1

60 seconds (2 laps) on and 30 seconds complete rest x 2

30 seconds (1 laps) on and 15 seconds complete rest x 3

### Warm down