

Saturday (Oct 25) — OC6 90-Minute On-Water Training Plan (with Videos)

■ Goals for the Session

- 1 Develop endurance and timing across longer paddling sets
- 2 Strengthen technique and power through the water
- 3 Improve precision in “Hut” calls and side switches
- 4 Practice consistent rhythm and smooth recovery

1. Pre-Paddle Prep (20 min)

Warm-Up & Setup

- Arm swings x10, torso twists x10, lunges x10 each side
- Shoulder mobility and hip openers
- Light jog or dynamic stretching (5 min)
- Check equipment: paddle, PFD, hydration, sunscreen
- Assign caller (Seat 3), steersperson (Seat 6)

Watch Before You Launch:

OC Basics – Holding a Paddle & Basic Stroke

2. On-Water Main Session (90 min)

A. Warm-Up Paddle (10 min)

- Light paddle at 50% effort, emphasizing clean entry and exit.
- Crew synchronizes timing: “in together, out together.”
- Caller checks cadence (about 55–60 strokes/min).

B. Technique Block (25 min)

1. Catch Drill (8 min) – Reach forward, vertical shaft, clean catch.
2. Pull & Exit Drill (8 min) – Pull to hip only, feel glide.
3. Top-Hand Drive Drill (5 min) – Push with top hand, not bottom arm.
4. Short Burst Practice (4 min) – 15-stroke bursts at 70% power, 20-sec rest.

Reference Video:

Tahitian OC Stroke – Fluid Motion

C. Endurance Paddle with Calls (30 min)

- Paddle 30 minutes @ 60–70% effort.
- Caller says “Hut!” every 14–16 strokes → switch sides smoothly.
- Focus on rhythm recovery and clear call tone.

Supporting Videos:

OC6 Side Switching – Timing & Technique

The Art of Calling the Huts – KanuCulture

D. Interval & Speed Work (15 min)

- 5 x 2-minute efforts @ 80–85% intensity
- 1-minute rest between sets
- Maintain form: strong catch, early exit, synchronized recovery.

Bonus Video:

OC Technique – Power and Recovery Timing (Kai Bartel)

E. Cool-Down Paddle (10 min)

- Gentle paddle for 5 minutes at 40% effort.
- Practice quiet entries and exits.
- End with 1–2 relaxed switches for coordination.

3. Post-Paddle Recovery (10–15 min)**Stretch & Mobility**

- Shoulders, triceps, and chest stretches (30 sec each)
- Hip flexors, hamstrings, and quads (30 sec each)
- Seated torso twist (20 sec each side)
- Hydrate, log notes on technique & coordination.

Reference:

OC Recovery Stretches for Paddlers

■ Summary Checklist

- 1 ■ Smooth, vertical catch and early exit
- 2 ■ Clear, consistent calls ('Hut!' + one more stroke, then switch)
- 3 ■ Boat glide maintained after each switch
- 4 ■ Power applied evenly on both sides
- 5 ■ Crew communication minimal but effective