

	DECEMBER 2011 – PLANE SELETIVA SLALOM – by Ettore Ivaldi			
	MORNING	AFTERNOON	NIGHT	NOTE
01/dic/2012	SPEED on the lake 10x15"onx45"off x 3 set	endurance 40' paddle with resistance		
02/dic/2012	10x60"onx60"off – 5'rest – 3x10x60"onx60"off	Gym – Resistance Power kg.40x20ripx5set		
03/dic/2012	off	off		in Paraguay for promotion
04/dic/2012	off	off		
05/dic/2012	Endurance 60' on the lake	Gym – Power x6/8 rep.		
06/dic/2012	Speed on the lake (scheda time)	Endurance on the lake 60' in group	STRETCHING – 30'	
07/dic/2012	Gym – Resistance Power	On the lake – basic tecnic in slalom		
08/dic/2012	On the lake – 10x60"onx60"off – 5'rest – x 2 section	off		
09/dic/2012	Gym – Power	on the lake – loops in the flat gates 120"onx30"offx2 set	STRETCHING – 30'	
10/dic/2012	on the lake – 10x60"onx60"off – 5'rest – x 2 section	On the lake – basic tecnic in slalom		
11/dic/2012	off	off		
12/dic/2012	on the lake – speed in the gates 5on5 (scheda time)	off		
13/dic/2012	Gym – Resistance Power	on the lake – tecnic in the gates upstream		
14/dic/2012	go to Piraju			FOZ – PIRAJU
15/dic/2012	free on the course in Piraju	free on the course in Piraju		PIRAJU
16/dic/2012	tecnic on the course	off		PIRAJU
17/dic/2012	free on the course in Piraju	off		PIRAJU
18/dic/2012	demo rum + race	race		PIRAJU
19/dic/2012	TEST – GYM (scheda dati)	Tecnic on the group in 2 group K1 – C1		PIRAJU
20/dic/2012	Loops in 3 groups	Tecnic on the course central part	STRETCHING – 60'	PIRAJU
21/dic/2012	FULL LENGHT	Gym – Resistance Power kg.40x20ripx5set		PIRAJU
22/dic/2012	SPEED 3X5 IN FLAT WATER GATES + 2 on the course	Endurance on the lake 60' in group		PIRAJU
23/dic/2012	Gym – Circuit total 47'			PIRAJU
24/dic/2012	off	off		VACATIONES
25/dic/2012	off	off		VACATIONES
26/dic/2012	off	off		VACATIONES
27/dic/2012	off	off		VACATIONES
28/dic/2012	off	off		VACATIONES
29/dic/2012	off	off		VACATIONES
30/dic/2012	off	off		VACATIONES
31/dic/2012	off	off		VACATIONES

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