



# QUEEN AND KING OF THE BAY 2020

training and preparation plan

**26km Ocean Surfski Paddle - Kaiteriteri Beach to Mapua Wharf**

Saturday 15th February

Welcome to the 2020 Queen and King of the Bay, Nelsons longest running surfski event which began in 2009, this will be the 12th edition. The race is organised by Nathan Fa'avae who lives on the Kina Coast. Nathan, a pioneer of ocean surfski in Tasman Bay, has been paddling extensively around the Motueka and Ruby Bay coasts for 17-years started the event to encourage more paddlers to enjoy what the area has to offer.

"I believe the paddle from Kaiteriteri to Mapua on a good day is world class. It gets really suitable wind and wave direction, the scenery is majestic, the water is clean and it's extremely safe. The race is only run with northerly winds and incoming tide, so for the entire route there is safe landing on beaches, there is driving access to most landing places and full mobile phone coverage, it's a paddle to aspire to and enjoy" says Nathan.

The 2020 event is the fourth race in the inaugural "Darcy Price NZ Ocean Surfski Series" which has the potential to attract paddlers from out of the region. It will be superb if the Nelson Tasman paddlers can be well represented in the event to showcase the ocean paddling community we have, plus it is an ideal opportunity for local paddlers to set an on water goal, build up to the challenge and extend themselves, completing the race will be a massive achievement to be proud of.

KayakHQ has worked with Nathan to develop a pathway to help people step up to the event, to feel prepared and ready. We have developed a 10-week training programme, aimed at beginner to intermediate paddlers. We really hope that many paddlers can join the journey, the race itself is really just the end point, it's the 10-week build up where the bulk of the results and rewards are.

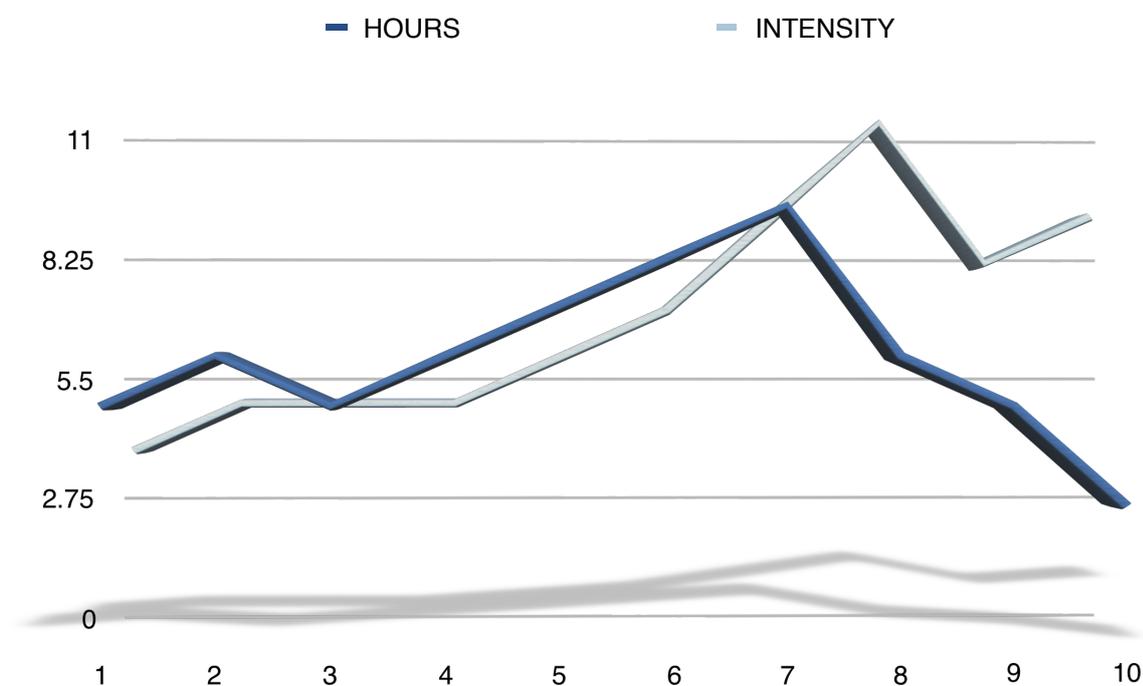
There are two lead up races which split the full course into two separate events.

- 22nd December - Kaiteriteri Beach to Motueka - 13km
- 3rd February - Motueka to Mapua - 15km (Monday - Nelson Anniversary)

Added to these, KayakHQ can help with organising group guided paddles (non racing) on the course to provide people with familiarisation of the area and build confidence on the water.

## NATHAN'S 10-WEEK TRAINING GUIDE TO THE 2020 QUEEN & KING OF THE BAY

*"Kia ora and welcome to my guide to get ready for the event. The section of water between Kateriteri and Mapua is stunning and fun and suitable for paddlers of all abilities. I have developed a 10-week build up for people wanting to finish the event and for those who wish to improve. My experience in paddle training is that it lies somewhere between running and cycling. I've found that in terms of fitness, 1-hour running is equivalent to 2-hours cycling, and that kayaking is about in the middle. Based on that, if you can run steady for an hour, then that's equal to 90-minutes paddling. If a long bike ride for you is 4-hours, then a long run is 2-hours, making a long paddle 3-hours. For multisport training, I have always maintained that if you do something for 8-hours a week for 6-10 weeks, you're going to get big improvement, so my training philosophies are based around that. One thing I really like about pure downwind ocean surfski paddling and racing is that skill and the ability to catch waves is equally important as being paddle fit, this makes it exciting and dynamic, so if you have a surfski, come along and be part of the best things the sport has to offer."*



*The table above shows the hours and the intensity. The X-axis is the 10-weeks, the Y-axis shows the hours on the water per week. Each week the volume increases and once the base phase is over the intensity starts to rise also. Weeks 1-3 are considered a base phase, setting routine and basic conditioning. An endurance phase follows where you build up to paddling the distance and times required, these are the middle 3-weeks. Weeks 6-9 are the speed phase where you start to train your body to paddle at race pace. Then close to the event the final stage is taper.*

*Run & Ride! This programme is only for the paddle training. If you can add some runs and bikes rides to this, that will help build your cardio fitness, strength and stamina. 1-2 runs and rides per week would be beneficial.*

<b>WEEK 1 Dec 9th - 15th</b>	<b>Session / Time 5-Hours</b>	<b>Intensity Zone</b>
Monday	1-hour (Harbour Blast)	Hard
Tuesday	1-hour	Steady
Wednesday		
Thursday		
Friday	1-hour	Steady
Saturday	90-minutes	Steady
Sunday	30-minutes	Mod Hard

<b>WEEK 2 Dec 16th - 22th</b>	<b>Session / Time 6-Hours</b>	<b>Intensity Zone</b>
Monday	1-hour (Harbour Blast)	Hard
Tuesday	1-hour	Steady
Wednesday		
Thursday	1-hour	Easy
Friday	1-hour	Steady
Saturday		
Sunday	Kaiteriteri to Motueka Race 2-hours (including warm up & down)	Mod Hard

<b>WEEK 3 Dec 23rd - 29th</b>	<b>Session / Time 5-Hours</b>	<b>Intensity Zone</b>
Monday	1-hour	Easy
Tuesday		
Wednesday		
Thursday	2-hours	Easy
Friday	1-hour	Steady
Saturday		
Sunday	1-hour	Steady

<b>WEEK 4</b> <b>Dec 30th - Jan 5th</b>	<b>Session / Time</b> <b>6-Hours</b>	<b>Intensity Zone</b>
Monday	1-hour	Steady
Tuesday		
Wednesday	1-hour	Steady
Thursday	30-minutes	Mod Hard
Friday	1-hour	Easy
Saturday	30-minutes	Mod Hard
Sunday	2-hours	Steady

<b>WEEK 5</b> <b>Jan 6th - 12th</b>	<b>Session / Time</b> <b>7-Hours</b>	<b>Intensity Zone</b>
Monday	1-hour (Harbour Blast)	Hard
Tuesday		
Wednesday	1:30-hours	Steady
Thursday		
Friday	1-hour	Steady
Saturday	1-hour	Mod Hard
Sunday	2:30-hours	Steady

<b>WEEK 6</b> <b>Jan 13th - 19th</b>	<b>Session / Time</b> <b>8-Hours</b>	<b>Intensity Zone</b>
Monday	1-hour (Harbour Blast)	Hard
Tuesday		
Wednesday	2-hours	Steady
Thursday		
Friday	1-hour	Steady
Saturday	1-hour	Mod Hard
Sunday	3:00-hours	Steady

<b>WEEK 7</b> <b>Jan 20th - 26th</b>	<b>Session / Time</b> <b>9-Hours</b>	<b>Intensity Zone</b>
Monday	1-hour (Harbour Blast) + 1-hour easy	Hard
Tuesday		
Wednesday	2-hours (with 3 x ten minutes mod hard)	Steady / Mod Hard
Thursday		
Friday	1-hour	Easy
Saturday	1-hour	Mod Hard
Sunday	3:00-hours	Easy / Steady

<b>WEEK 8</b> <b>Jan 27th - Feb 2nd</b>	<b>Session / Time</b> <b>6-Hours</b>	<b>Intensity Zone</b>
Monday	1-hour (Harbour Blast)	Hard
Tuesday		
Wednesday	1-hour (5 x two-minutes hard with 2-minutes recovery)	Easy / Hard
Thursday		
Friday	1-hour	Steady
Saturday	1-hour (4 x five-minutes hard with five minutes recovery)	Mod Hard
Sunday	2:00-hours	Steady

<b>WEEK 9</b> <b>Feb 3rd - 9th</b>	<b>Session / Time</b> <b>5-Hours</b>	<b>Intensity Zone</b>
Monday	Motueka to Mapua Race 2-hours	Hard
Tuesday		
Wednesday	1-hour (5 x two-minutes hard with 2-minutes recovery)	Easy / Hard
Thursday		
Friday	1-hour	Steady
Saturday	1-hour (10 x one-minute very hard with two-minutes recovery)	Easy / Very Hard
Sunday	<i>1-hour (Optional)</i>	<i>Easy</i>

WEEK 10 Feb 10th - 16th	Session / Time 4-Hours	Intensity Zone
Monday	1-hour (Harbour Blast)	Hard
Tuesday		
Wednesday	1-hour	Steady
Thursday		
Friday	1-hour	Easy
Saturday	<b>QUEEN &amp; KING OF THE BAY</b>	
Sunday	<i>South Island Surfski Champs</i>	

### Training Intensity Zones

#### 1. Easy

This easy pace is mainly used for base training, as a warm-up or as a part of a longer session. The pace is very comfortable and hardly causes a sweat.

♥ Heart rate is more than 50 beats below maximum.

#### 2. Steady

This is one gear up. This is a pace where you can still have a conversation but you are slightly out of breath.

♥ Heart rate is 30 - 50 beats below the maximum.

#### 3. Moderately Hard

This requires concentration to maintain the intensity, when you are fit you can keep this up for a longer period of time. The oxygen supply still keeps up with the oxygen demand and therefore your metabolism is still efficient as all the lactate formed is being processed.

♥ Heart rate is approximately 20 - 40 beats below the maximum.

#### 4. Hard

At this pace your muscles will accumulate lactate, which causes soreness and rapid depletion of your energy stores. This is race pace for competitors and well-trained endurance athletes.

♥ Heart rate 10 - 30 beats below maximum.

#### 5. Very Hard

This is close to maximum pace. Only elite athletes who want to extend their performance use this pace.

♥ Heart rate less than 10 beats below maximum.

Of the five levels the steady pace usually forms the bulk of the programme.

This is the pace where you train your oxygen processing mechanisms for performance.