



# Welland Indoor Paddle Tank Training Manual

Updated: May 2019



**Flatwater Sports Excellence**

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## Paddle Tank Training Manual Section 1A: Dragon Boat Warm up

Before doing any kind of exercise it is important to warm-up your muscles. These warm-ups are specifically designed for Dragon Boat training.

### Exercise 1: Side Shuffle With Arm Swing

1. Start at one end of the room and stand sideways (having your right foot in front of you) with slightly bend your knees.
2. Slide your left foot to the right foot and once your left foot reaches your right foot, slide your right foot away.
3. Be sure to not cross your legs while doing this warm up.
4. Repeat five times (or when you reach the end of the room) and well you are shuffling down swing your arms out and in.
5. Once you reach the end of the room repeat the warm up, but with your left leg in front instead.
6. Do a total of 10-12 Side Shuffle With Arm Swing to get your heart rate up.

*\*\* If you don't have enough room to do this warm up, do 20 jumping jacks instead.*

### Exercise 2: Leg Swing

1. Stand beside a wall and place your right hand on the wall.
2. Swing your left leg forward and then backwards .
3. Repeat five times and then do the other side.

### Exercise 3: Arm Circles

1. Stand shoulder with a part with your arms out to the side.
2. Swing your arms in big circles and do 10 Arm Circles.
3. Once you do 10 Arm Circles swing your arms backwards and do another 10 Arm Circles.

### Exercise 4: Lunge With Hip Rotation

1. Step forward with your left foot and have your front knee bent over your toes and
2. Back leg straight.
3. Extend your arms out to the side and turn towards your front bent leg (turn towards the left leg) and then turn back to the middle.
4. Repeat five times on each sides.

### Exercise 5: Gorilla Swings

1. Stand shoulder with a part and slightly bend your knees.
2. Bend forward and twist your hips side to side and as you twist, swing your arms to the side.
3. Do a total of 10 Gorilla Swings.

## **Exercise 6: Push-ups**

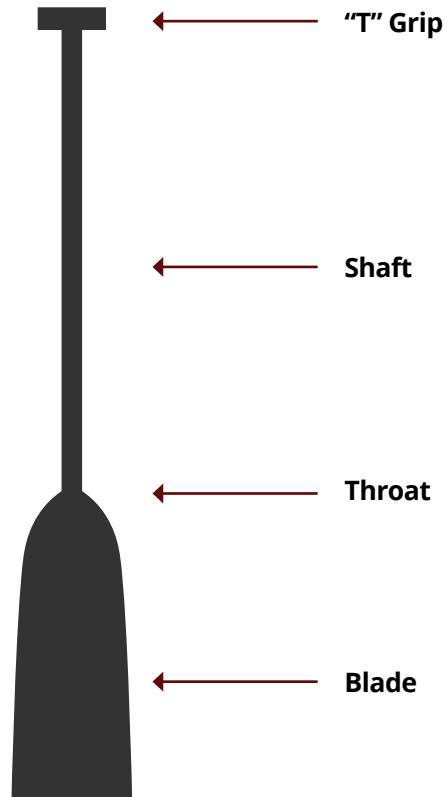
1. Lay on your stomach and push your arms up into a plank position.
2. Bend your elbows and bring your chest and stomach down, but do not let it touch the ground.
3. Push back up into a plank position.
4. Do a total of 10 push-ups.

## **Exercise 7: Sit-ups**

1. Lay on your back and bend your knees with your feet flat on the ground.
2. Keep your hands at the side of your head and lead with your chin and sit up.
3. Retract back down.
4. Do a total of 10 Sit-ups.

## Paddle Tank Training Manual Section 1B: Dragon Boat Paddle

The equipment used in Dragon Boat is a paddle. The following diagram is the parts of a paddle.



### How To Hold A Paddle

1. Place your dominate hand on the top of paddle and wrap it around the "T-Grip".
2. Wrap your bottom hand around the bottom part of the shaft, which is 1-1.5inches away from the throat.

## Paddle Tank Training Manual Section 1C: Dragon Boat Technique

### Paddles Up Position

Before taking a stroke, paddles must get in the 'ready position', which is called Paddles Up position (*also known as A-Frame*).

1. Have either one or both your feet against the foot rest. Make sure your legs are not in a 90 degree angle.
2. Rotate your outside hips forward, so your back is facing the outside of the boat.
3. Keeping your chest up, reach forward with your bottom hand as far as you
4. Can and your top hand over top of the water with the blade of the paddle on a 45 degree angle facing towards the front of the boat.

*\*\* Remember to keep both top and bottom arms straight in the position.*



### Bury The Blade Position

Once you are in A-Frame the next step is you place the blade of the paddle into the water.

1. Using your bottom hand, lower the paddle into the water. Be sure that when you lower the paddle into the water it is in the channel (*the channel is the spot that you want place your blade in. So not to close to the boat, but not to far out*).
2. Place the blade of the paddle as deep as you can, but sure not to submerse the entire paddle. If your hand is touching the water then your paddle is deep enough.



### Pull/Draw

After you place the your paddle into the water, you are ready to start paddling.

1. Using your top arm, push down on the paddle and rip through the water and stop once your bottom are has reached the hip.

*\*\*When paddling make sure your top hand is over top of the water and both arms are straight.*



### Recovery

Once your bottom arm has reached your hip you must pull your paddle out of the water.

1. Using your top arm pull the paddle out of the water and twist your hips back into the Paddles Up position.



## Paddle Tank Training Manual Section 1D: Dragon Boat Drills

### Placing The Blade

1. Go into A-Frame and take your top hand off the paddle.
2. Using your bottom hand place the paddle in the water and take it out.
3. Repeat for a total of 10 times and on the tenth time hold your paddle in the water for 10 counts.

*\*\*Repeat this exercise 3 times*

1. Go into A-Frame and place your top hand back on the paddle.
2. Still using the bottom hand place the paddle in the water and take it out.
3. Repeat for a total of 10 times and on the tenth time hold your paddle in the water for 10 counts.

*\*\*Repeat this exercise 3 times*

### Hip To "A"

1. Starting at the back (when you are finished your stroke at the hip), slowly rotate yourself into A-Frame and re- turn to the back.
2. Repeat for a total of 10 times and on the tenth time hold your A-Frame for 10 counts.

*\*\*Repeat this exercise 3 times*

### Ripping The Water

1. Starting from A-Frame; place your paddle in the water and rip through the water and stop at the hip in one fluent motion.
2. Slowly rotate back into and repeat this exercise for a total of 10 times.

*\*\*Repeat this exercise 3 times*

### Combination Exercise

1. Starting from the back; go into A-frame, place the paddle into the water and rip through the water and stop at the hip in one fluent motion.
2. Repeat this exercise for a total of 10 times

*\*\*Repeat this exercise 3 times*

## Paddle Tank Training Manual Section 2A: Rowing Warm-Up

Rowers use the Ergometers (*as known as ergs*) to warm up before going out on the water. On page 9 the diagram displays how you can use an erg to warm up. Rowers also do abdominal exercises to warm-up.

### Exercise 1: Partial Sit-Ups

1. Lay with your feet on the floor, knees bent, neck relaxed and hands on your legs.
2. Activate your abdominal muscles to slide your hands up towards your knees and raise your shoulders off the floor.
3. Hold for two counts and release back down.
4. Repeat this exercise a total of 10 times and then repeat, but twisting to the left ten times and then to the right ten times.

### Exercise 2: Bridging

1. Lay on your back with your arms relaxed out to the side and your knees bent with feet on the floor.
2. Tighten your abdominal muscles and thrust your hips up, pushing your feet and arms into the ground, compress your gluteus maximus together.
3. Hold for one minute and repeat this exercise for a total of three times.

### Exercise 3: Dead Bug

1. Start by laying on your back and with your arms relaxed out to the side and your knees bent with feet on the floor.
2. Tuck in your chin, raise your arms straight (over your chest) and raise your legs to a 90 degree with your feet leveled (*you should be able to see your feet in this position*)
3. Turn on your abdominal muscles and hold this position for one minute.

*Repeat this exercise for a total of three times.*

### Exercise 4: Side Plank

1. Lay on your left side with your legs and feet on top of each other and place your right hand on ground with your left fore-arm and hand under your shoulder on the ground.
2. Push your hips up off the ground and activate the oblique muscles, while driving your left fore-arm and hand down into the ground.
3. Use your right hand for balance yourself (*if you don't need it put your hand on your hip*) and push your right shoulder back keeping your chest open.
4. Hold for one minute and repeat exercise two times on one side and two times on the other.

### Exercise 5: Superman

1. Lay flat and relaxed on your stomach with your arms to the side and toes pointed down to the ground.
2. Lift your legs, arms and head off the ground and use your abdominal muscles to stabilize yourself as you hold for one minute.

Repeat this exercise 3 times in total.



# How to Use the Indoor Rower



## Before You Row

1. Review the technique information at right.
2. Set the damper between 3 and 5.
3. Adjust the foot stretchers to fit your feet.

## Damper Setting and Workout Intensity

We recommend a damper setting of 3-5 for the best aerobic workout.

On the Concept2 Indoor Rower, YOU are in control of the intensity of your workout. The faster the wheel spins, the more resistance you will feel, regardless of the damper setting.

Rowing with the damper setting too high can reduce your output and increase the risk of injury.



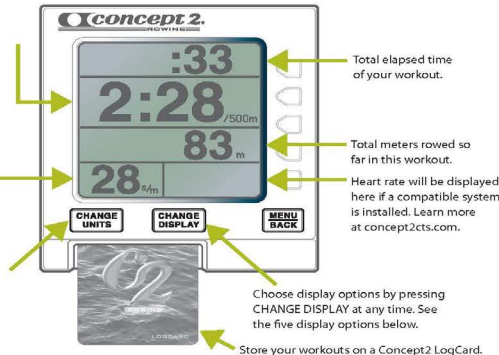
## The Performance Monitor (PM) automatically comes on when you start rowing.

Watch this number (your pace) to see how hard you are pulling on each stroke.

This pace display indicates that it is taking you 2:28 (2 minutes and 28 seconds) to row 500 meters. Pull harder and try to decrease this time!

**Stroke Rate**  
You are rowing 28 strokes per minute. This is a good stroke rate.

Press **CHANGE UNITS** at any time to choose between units of pace, watts or calories.



## Workouts to Try

There are ten preset workouts stored in the PM3 and PM4 monitor. From the Main Menu select **Select Workout** > **Standard List** and select your workout. Here are workouts you can try based on your training goals.

### General Health and Fitness:

- 20-30 minute row
- 4,000-6,000 meter row
- 40 seconds hard rowing, 20 seconds easy rowing for 15-25 minutes

### Weight Loss:

- 30 minute row
- 5,000-7,000 meter row
- 1 minute hard rowing, 1 minute easy rowing for at least 20 minutes
- 30-40 minute piece with 20-30 hard strokes every 5 minutes

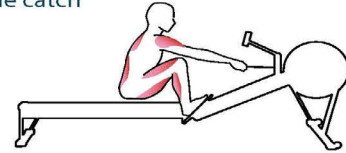
### Cross Training for Another Sport:

- 40 minute row (or 10,000 meters)
- 1 minute hard rowing, 1 minute easy rowing for 40 minutes
- 1-2-3-4-3-2-1 minute pyramid, 1 minute easy rowing between pieces



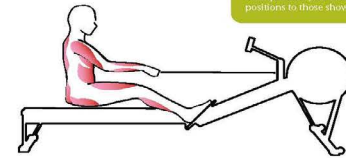
## Rowing Technique

### the catch



- Be sure body is leaning forward, arms are straight, wrists are level and shoulders are low and relaxed.
- Shins should approach vertical; heels may lift as needed.

### the drive

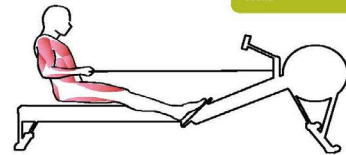


#### Technique Tips

Have someone watch you to help match your body positions to those shown.

- Start the drive by pressing with your legs, then begin to lean back, and finally add the arm pull. Make it a smooth continuous stroke.

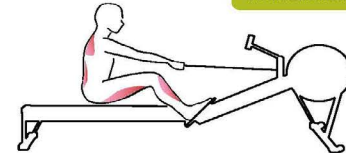
### the finish



These positions should be blended together to make a smooth and continuous stroke.

- Shoulders should be low with wrists and grip relaxed. Pull all the way in to your abdomen.
- Lean back slightly, as is comfortable for you.

### the recovery



Aim for a stroke rate of between 24 and 30 strokes per minute as displayed on the Performance Monitor.

- Be sure to extend arms and lean slightly forward before bending the knees.

### the catch



Grip should be loose and comfortable; wrists level.

- Return to position with shoulders relaxed, and shins nearly vertical.

You can access technique animation from the Main Menu on the PM3 and PM4 monitor by selecting **Information** > **How to Row**.

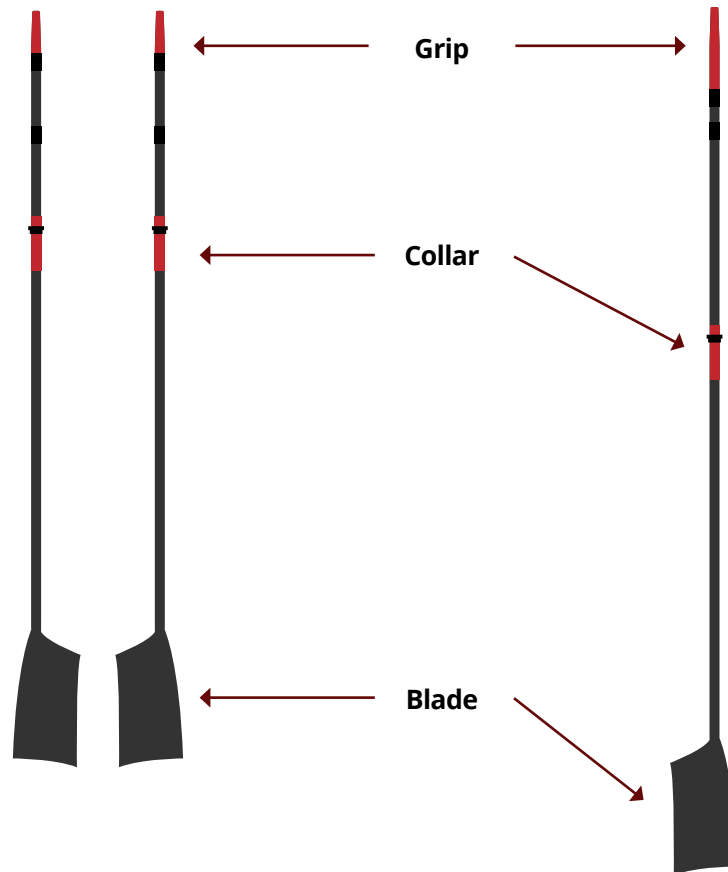


## Rowing Info:

## Paddle Tank Training Manual Section 2B: Rowing Oars and Oarlocks

### Oars

There are two disciplines of rowing. The first is sculling which is with two oars and the second is sweep which is with one oar. The following diagram is each type of oar.



Although, they may look alike, they are completely different. Looking at the two kinds of oars you can see that the sweep oar is larger than the sculling oars. Also, another difference is the grip of the oars. As you can see the sweep oar has more grip area than the sculling oars (the red area on the top of the oars), this is because in sweep you put both your hands on the oar to row.

### Oarlocks

Oarlocks are what keep your oars from sliding out of the boat. When placing your oars in the oarlocks it is important that the collar of the oar is on the inside of the oarlock. When you slide the oar down the collar will connect with the oarlock making sure the oar will not fall in the water. What's important to remember is that there are oarlocks for sculling and sweeping oaring. Remember that the sweeping oar was bigger than the sculling oar? Well the same thing applies with oarlocks. Sculling oarlocks are smaller than sweeping oarlocks so make sure you are placing the right oar with the right oarlock.

## Paddle Tank Training Manual Section 2C: Rowing Technique (Sculling)

### How To Hold Sculling Oars

1. Place your thumb on the end of the handle and wrap your fingers around the grip.
2. Keep your wrist flat and finger loose when stroking.

**\*\*Remember its not your hands that pull the oars, but your fingers.**

### Finish Position

This is the end of the stroke, when your oars exits the water.

1. Begin by having your legs straight, back slightly back and chest up with your hands to your chest having the left hand over top of the right hand.

**\*\*Make sure your blades are feathered (feathering is when you use your inside hand fingers to rotate the oars, so that the blade is parallel to the water).**

**\*\*In sculling left hand is always on top and when rowing your shoulders are always relaxed and always keeping your abdominal muscles engaged.**



### Recovery Position

After finishing the recovery position is when they slowly slide up and go into the catch position.

1. Slowly extend your arms out straight (*having your left hand going out first*).
2. Slowly pop your hips forward to straighten your back.
3. Slowly slide your legs forward, bending the legs.
4. As you slide up chest open, straight back and your arms back reaching for the next stroke.



### Catch Position

This is the beginning of the rowing stroke, when your oar makes contact with the water.

1. Using your fingers turn the oars on the square (*squaring is when you use your inside hand fingers to rotate the oars, so that the blade is perpendicular to the water*).
2. Lower the blades in the water, making sure you have a full blade of water.



### Drive Position

Now its time to for the oar to pull through the water.

1. Push your heel down against the foot lock, driving your body back-wards.
2. As you push slightly lean back and pull your left hand over top of your right hand, into the finish position.



## Paddle Tank Training Manual Section 2D: Rowing Technique (Sweep)

### How To Hold Sweep Oar

Place outside hand on the end of the grip and the inside hand on the top of the grip. Keep your wrist flat and finger loose when stroking.

*\*\*Remember its not your hands that pull the oars, but your fingers.*

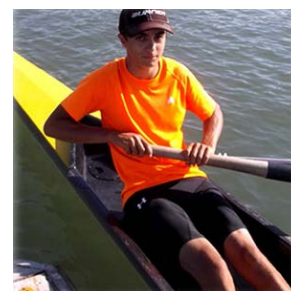
### Finish Position

This is the end of the stroke, when your oar exits the water.

Begin by having your legs straight, back slightly back and chest up with your hands to your chest.

*\*\*Make sure your blades are feathered (feathering is when you use your inside hand fingers to rotate the oars, so that the blade is parallel to the water).*

*\*\*When rowing your shoulders are always relaxed and always keeping your abdominal muscles engaged.*



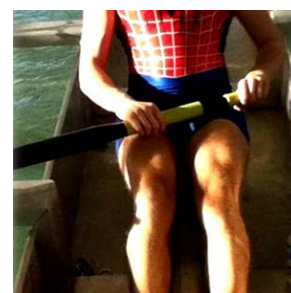
### Recovery Position

After finishing the recovery position is when they slowly slide up and go into the catch position

Slowly extend your arms out straight (having your left hand going out first). Slowly pop your hips forward to straighten your back.

Slowly slide your legs forward, bending the legs.

As you slide up keep your chest open, straight back and reach your inside hand in between your legs reaching for the next stroke.

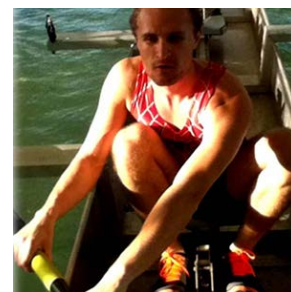


### Catch Position

This is the beginning of the rowing stroke, when your oar makes contact with the water.

Using your inside fingers turn the oars on the square (squaring is when you use your inside hand fingers to rotate the oars, so that the blade is perpendicular to the water).

Lower the blades in the water, making sure your have a full blade of water.

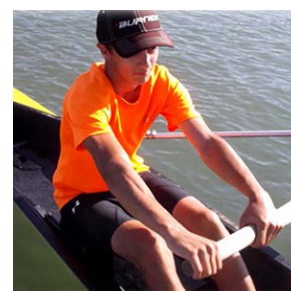


### Drive Position

Now its time to for the oar to pull through the water.

Push your heel down against the foot lock, driving your body backwards.

As you push slightly lean back and pull the oar into your chest, ending in the finish position.



## Paddle Tank Training Manual Section 2E: Rowing Drills

The following drills are transitioning drills which means that add the previous drill that was done to the next drill. These drills can be used for both sculling and sweeping.

### Arms

1. Starting at the finish position with your oar(s) feathered, only move your arms forward and place the oar(s) in the water on the square.
2. Pull your arms back into your chest and when you exit out of the water feather your oar(s).
3. Repeat for a total of 10 times and on the tenth time hold in finished position for 10 counts.

*\*\*Repeat this exercise 3 times*

### Arms & Back

1. Starting at the finish position with your oar(s) feathered, move your arms forward, straighten your back, and place the oar(s) in the water on the square.
2. Slightly lean back, pull your arms back into your chest and when you exit out of the water feather your oar(s).
3. Repeat for a total of 10 times and on the tenth time hold in catch position for 10 counts.

*\*\*Repeat this exercise 3 times*

### Arms, Back & Half Slide

1. Starting at the finish position with your oar(s) feathered, move your arms forward, straighten your back, slide up half way and place the oar(s) in the water on the square.
2. Push your heels into the foot lock, slightly lean back, pull your arms back into your chest and when you exit out of the water feather your oar(s).
3. Repeat for a total of 10 times and on the tenth time hold in finished position for 10 counts.

*\*\*Repeat this exercise 3 times*

### Arms, Back & Full Slide

1. Starting at the finish position with your oar(s) feathered, move your arms forward, straighten your back, slide up all the way and place the oar(s) in the water on the square.
2. Push your heels into the foot lock, slightly lean back, pull your arms back into your chest and when you exit out of the water feather your oar(s).
3. Repeat for a total of 10 times and on the tenth time hold in catch position for 10 counts.

*\*\*Repeat this exercise 3 times*



## Paddle Tank Training Manual Section 3A: Canoe/Kayak Warm-Up

### Exercise 1: Plank

1. Lay on your stomach with your elbows on the ground in front of your chest and the top of your feet touching the ground.
2. Using your elbows and your feet push your body off the ground and activate your abdominal muscles.
3. Keep your back straight and your stomach off the ground to hold for one minute.
4. Repeat this exercise for a total of three times.

### Exercise 2: Burpees

1. Start by standing straight with your legs shoulder width apart.
2. Bend your knees and go as low as you can to the ground.
3. Place your hand flat on the ground and jump your legs backwards in a plank position.
4. Once you are in a plank position jump your legs forward to your hands.
5. Straighten your knees and jump up with your arms above your head.
6. Do a total this exercise for a total of 10 times and repeat three times.

*\*\*To make it more of a challenge add a push-up before doing step 4.*

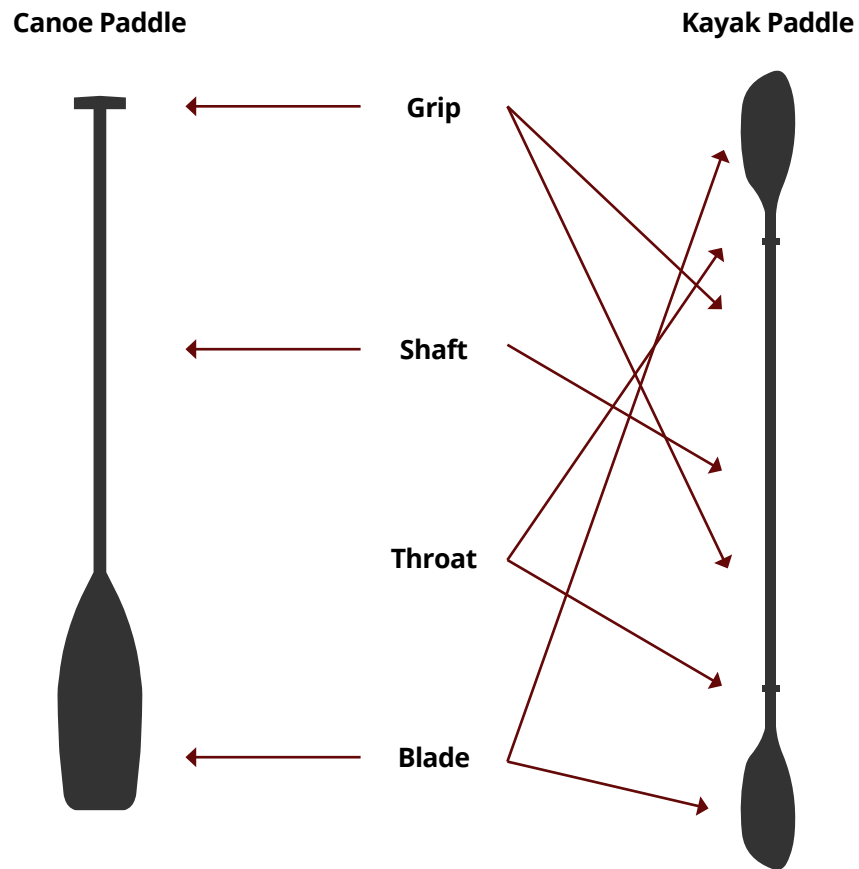
### Exercise 3: Lunges

1. Start by standing straight with your legs shoulder width apart.
2. Step forward with your left leg, bend your front knee until you cannot see your toes and your back leg is straight.
3. Step your back leg forward and repeat step 2 with your right leg.
4. Do a total of 10 lunges and on the ninth and tenth lung hold for 10 counts.
5. Repeat this exercise three times.

### Exercise 3: Arm Circles

1. Stand shoulder with a part with your arms out to the side.
2. Swing your arms in big circles and do 10 Arm Circles.
3. Once you do 10 Arm Circles swing your arms backwards and do another 10 Arm Circles.

## Paddle Tank Training Manual Section 3B: Canoe/Kayak Paddles



### How To Hold A Canoe Paddle

1. First wrap your top hand the grip.
2. Once you have a hold of the grip, wrap your bottom hand around the throat.

### How To Hold A Kayak Paddle

3. Place the middle of the paddle on the top of your head and hold the paddle with both hands (one hand on each side).
4. Slide your hands down the paddle until you make a 90 degree angle with your arms.
5. Once you have your 90 degree angle hold the paddle with both hand and take the paddle off your head.

## Paddle Tank Training Manual Section 3C: Canoe Techniques

### Lunge Position

Before paddle you need to get into the lunge position. Unlike the other flatwater sports canoeing is done in a lunge. If you paddle on the right side (left hand on the grip and right hand on the throat of the paddle) you will place your right knee on the knee pad and your left leg will go into a lunge.

### Paddles Up Position

Before taking a stroke, paddles must get in the ready position, which is called Paddles Up position.

1. Lean forwards into a deep lunge.
2. Rotate your outside hips forward.
3. Keeping your chest up, reach forward with your bottom hand as far as you can and your top hand over top of the water with the blade of the paddle on a 45 degree angle facing towards the front of the boat.

*\*\* Remember to keep both top and bottom arms straight in the position.*

### Bury The Blade Position

Once you are in paddles up position the next step is you place the blade of the paddle into the water.

1. Using your bottom hand, lower the paddle into the water. Be sure that when you lower the paddle into the water it is in the channel (the channel is the spot that you want place your blade in. So not to close to the boat, but not to far out).
2. Place the blade of the paddle as deep as you can, but sure not to submerse the entire paddle. If your hand is touching the water then your paddle is deep enough.

### Pull/Draw

After you place the your paddle into the water, you are ready to start paddling.

1. Using your top arm, push down on the paddle and rip through the water and stop once your bottom are has reached the hip.

*\*\*When paddling make sure your top hand is over top of the water and both arms are straight.*

### Recovery

Once your bottom arm has reached your hip you must pull your paddle out of the water.

1. Using your top arm pull the paddle out of the water and twist your hips back into the Paddles Up position.



## Paddle Tank Training Manual Section 3D: Kayak Techniques

### Paddles Up Position

Before taking a stroke, paddles must get in the ready position, which is called Paddles Up position.

1. Sit up tall.
2. Hold your hand in front of you at about eye level height.

*\*\* Remember to keep both top and bottom arms straight in the position.*

### Bury The Blade Position

Once you are in paddles up position the next step is you place the blade of the paddle into the water.

1. Rotating your hips reach out and dip the blade of the paddle in the water.
2. Submerge the blade in the water.

*\*\* Your top arm should be bent in an angle like an upside down "L".*

### Pull/Draw

After you place the your paddle into the water, you are ready to start paddling.

1. Using your bottom arm to pull the paddle through the water and stop once your bottom are has reached the hip.

*\*\*When paddling make sure your top hand is over top of the water and both arms are straight.*

### Recovery

Once your bottom arm has reached your hip you must pull your paddle out of the water.

1. Using your top arm pull the paddle out of the water and twist your hips ready to paddle on the other side.

## Paddle Tank Training Manual Section 3E: Canoe/Kayak Drills

### Placing The Blade

1. Go into paddles up position.
2. Using your bottom hand place the paddle in the water and take it out.
3. Repeat for a total of 10 times and on the tenth time hold your paddle in the water for 10 counts.

*\*\*Repeat this exercise 3 times on one side and again on the other side if you are kayak.*

### Hip To Dip

1. Starting at the back (when you are finished your stroke at the hip), slowly rotate yourself into burying the blade position and return to the back.
2. Repeat for a total of 10 times and on the tenth time hold your bury blade for 10 counts.

*\*\*Repeat this exercise 3 times and again on the other side if you are kayaking.*

### Ripping The Water

1. Starting from paddles up; place your paddle in the water and rip through the water and stop at the hip in one fluent motion.
2. Slowly rotate back into and repeat this exercise for a total of 10 times.

*\*\*Repeat this exercise 3 times on one side and again on the other side if you are kayaking.*

### Combination Exercise

1. Starting from the back; place the paddle into the water and rip through the water and stop at the hip in one fluent motion.
2. Repeat this exercise for a total of 10 times going from one side to another (if you are kayaking)

*\*\*Repeat this exercise 3 times*