

Paddle to Podium

Preparation for the transition to full time high performance training

		Phase A (Years 1-2)	Phase B (Years 2-3)
Typical Athlete Description		Athletes with demonstrated success at the Junior level Tracking towards High Performance Development standards in 1-3 years Approximately 18-23 years of age Recognised by High Performance Sport New Zealand as Pathway to Podium athletes	
Usual Daily Training Environment		Regional Club Paddle to Podium Coach Approximately 8-12 hours on water + 3-4 hours strength and conditioning per week Individual performance support provided by Sport New Zealand Regional Talent Hubs via HPSNZ Pathway to Podium Programme	
Training Camp Involvement		7 Paddle to Podium Camps per year at Lake Karapiro, Cambridge May be invited to attend 2-3 additional residential camps with the High Performance Programme	
Development Workshops		Approximately 7 Pathway to Podium development workshops per year Delivered by Sport New Zealand / High Performance Sport New Zealand at local Regional Talent Hubs	
Pinnacle Events and Target Results		<i>Junior Age Group</i> Blue Lakes / National Championships: Podium Oceania / Grand Prix: A Final Junior World Championships: A Final	<i>U23 Age Group</i> Blue Lakes / National Championships: Podium Oceania / Grand Prix: B Final (Open) U23 World Championships: Exposure
Key Assessment Targets	Male	MK1 200: < 38.00 MK1 1000: < 3:40.00 2km time trial: < 8:15 10" sprint: > 17.5 km/hr 60" sprint: > 16.5 km/hr Bench pull 1RM: 100-120kg	
	Female	WK1 200: < 44.50 WK1 500: < 2:00.00 2km time trial: < 9:35 10" sprint: > 13.5 km/hr 60" sprint: > 14.0 km/hr Bench pull 1RM: 70-80kg	

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	Phase A (Years 1-2)	Phase B (Years 2-3)
Key Competencies	Understanding and practicing CRNZ Technical Competencies Developing sport specific movement patterns Building mental skills foundations Practicing basics of nutrition Removing distractions and discovering the journey of a HP athlete	Practicing CRNZ Technical Competencies Practicing sport specific movement patterns Practicing mental skills and psychological strategies Practicing basics of nutrition Developing necessary skills to transition into full time athlete
Performance Planning and Monitoring	Paddle to Podium Individual Development Plan Reviewed quarterly	
CRNZ Support	Guidance in the preparation and monitoring of Paddle to Podium Individual Development Plan Paddle to Podium Camps Junior / U23 World Championship Tour (for eligible athletes) Regular fitness and musculoskeletal assessments Premium Training Peaks account CRNZ apparel	
SNZ / HPSNZ Support	Pathway to Podium Development Workshops Individual Performance Support as directed by Paddle to Podium Individual Development Plan	
Athlete Expectations	Commit to CRNZ High Performance Behaviours Commit to Paddle to Podium Individual Development Plan Own a K1 and paddle Attend all Paddle to Podium Camps Attend all Pathway to Podium Development Workshops Upload training data to Training Peaks account at least once per week	
Athlete Expenses	Club membership and training expenses Domestic competition expenses Equipment expenses Additional training and competition apparel Paddle to Podium Camp expenses: Estimated \$90 per camp + travel Junior/U23 World Championship Tour expenses: Estimated \$6,000-\$9,000	