



Parkland Dragon Boat Racing Club

PDBRC CAMP DETAILS:

DATE: TBD

LOCATION: TBD

GOAL: 100KM of travel. Do a full race piece of each distance. Be technically and mechanically sound by the end of camp.

COST: \$320/paddler + accommodations and travel (Your spot at camp is transferrable to another paddler should you be unable to attend but payment is non refundable)

REGISTER AT: <http://www.pdbrc.com/training-programs.html>

WHAT TO EXPECT: Lots of paddling and lots of adapting. Paddling in any type of weather. You may get butt blisters and you WILL be fatigued and sore but the progression will allow you to build and adjust. Please allow for time adjustments to practices so we can strive to work with weather or traffic conditions should we need to. Always be ready to paddle till the day is complete.

HOW TO PLAN: Plan for down time in between paddles and to force a recovery with food, fluids, rest and stretching. **PLEASE BE WATCHING TEXTS AND FACEBOOK GROUP NOTIFICATIONS AS PLANS CAN CHANGE DUE TO PLANNING FOR WEATHER!!** Camp times adjusted for rush hour traffic.

SUGGESTIONS: It is advisable to use Vaseline or glide on the rear to avoid blisters and wear 2 pair of shorts for extra coverage. Expect to be sore and tired and to paddle anyway. It is good to plan for an Epsom salt bath that evening, take advil as needed and drink plenty of fluids. It is also a good idea to eat a lunch that you know agrees with you and that is high in fast release carbs such as pasta, sandwiches, potatoes with low protein and fats.

WHAT TO BRING:

- Water
- Energy shots
- Powerade or Gatorade
- Cold weather gear
- Hot weather gear
- Change of clothes
- Towel
- Sunscreen
- Bug spray
- Vaseline or Zinc ointment
- Hand sanitizer
- Butt pad
- Towel/blanket
- Bathing suit



Parkland Dragon Boat Racing Club

GENERAL COURSE STRUCTURE DAY 1

- 60' morning practice (on water)
- 5 hour Lunch break with
- 60' afternoon practice (on water)

GENERAL COURSE STRUCTURE DAY 2

- 75' morning practice (on water)
- 5 hour Lunch break Video review w/ individual feedback
- 60' afternoon practice (on water)

GENERAL COURSE STRUCTURE DAY 3

- 90' morning practice (on water)

GENERAL COURSE STRUCTURE DAY 4

- 75' morning practice (on water)
- 5 hour Lunch break with
- 60' afternoon practice (on water)

GENERAL COURSE STRUCTURE DAY 5

- 75' morning practice (on water)
- 5 hour Lunch break with
- 60' afternoon practice (on water)

Friday April 10	Saturday April 11	Sunday April 12	Monday April 13	Tuesday April 14
9:00-10:15 AM	11:30-12:45 PM	9:00-10:15 AM VIDEO REVIEW	9:00-10:15 AM	9:00-10:15 AM
4:00-5:00 PM	5:00-6:00 PM	OFF	4:00-5:00 PM	4:00-5:00 PM