

P5

10 MIN.

7 x 1 min. / 30 sec. rest between each interval
maxpower program - push hard in each interval

2
 DIFFICULTY
 LEVEL



Interval no



Resistance



Technique



Strokes/min.

1 MIN.	BASIC	INTERMEDIATE	ADVANCED		
1	1-2	3-5	5-7	DP	40-50
2	1-2	3-5	5-7	1LEG	40-50
3	1-2	3-5	5-7	DIA	80-90
4	2-3	4-6	6-8	DP	50-60
5	1-2	3-5	6-8	1LEG	40-50
6	2-3	4-6	6-8	DIA	80-90
7	3-5	6-8	8-10	DP	40-50

TECHNIQUE

ABBREVIATIONS OF EXERCISES



DP

Double poling



DIA

Diagonal poling



1LEG

Double poling on 1 leg,
change leg each 30 sec



WALK

Double poling on 1 leg,
change leg each stroke



JUMP1

Double poling on 1 leg,
jump from leg to leg



JUMP2

Double poling,
jump with both legs