

Dragon Boat Training Exercises – Sport Specific Training

Developed by Lori Chaki

Goal: To Increase Strength, Flexibility, and Speed Skills for Dragon Boating Season as a Continuation from Weight Training and Cardio

Objectives:

- 1) Keep Cadence (pace)
- 2) Vary the Cadence Depending on High or Low Intensity Session
- 3) Keep Good Form with Each Repetition
- 4) Muscle Should Not be as Fatigued as Weight Training

Items Required:

Comfortable Athletic Clothing
Athletic Shoes, Indoor Use Only
Resistance Band
Watch
Water
Pumped Positive Attitude

Things to Keep in Mind:

- 1) Bad form equals too much resistance. You will need to bring the weight down.
- 2) Paddling position in the boat should be in a position of forward flexion between 0 and 45 degrees. Any more and you are restricting your rotation and engaging your hip flexor muscles. In this position you are using small muscles in your back which can fatigue quickly. It is important to engage your core to ensure that you are in a stable and strong position. Same goes for these exercises.

Low Intensity Method

Outline:

- 1) There are 10 Repetitions with Each Set
- 2) The Cadence Should be the Same with Each Repetition
- 3) There are 4 Sets of 10 Repetitions
- 4) There is a 1:00 Second Rest Between Sets
- 5) Remember to Breathe with Each Repetition
- 6) Remember to Keep Good Form

High Intensity Method

Outline:

Standard interval times are:

- 1) As Many Repetitions That Can Be Done with Good Form in the Time Given
- 2) 5 Seconds Warm-up Speed (Slower Cadence)
- 3) Increase (Cadence) Speed for 20 seconds
- 4) 5 Seconds Warm-Down Speed (Slower Cadence)
- 5) There are 4 Sets.
- 6) There is a 30 Second Rest Between Set

Notes:

Increase the warm up and warm-down times to 10 seconds each (this is the maximum amount of time for each), and increase the middle section by 5 seconds each week. Increase the number of repetitions by 1 every OTHER week. By the time of the Festival, the group should be able to do 6 repetitions @ 10 seconds warm-up speed, increase speed for 40 seconds, and 10 seconds warm-down speed.

Exercises:

Muscles Only Perform 4 Movements – Push, Pull, Lift, and Chop

Push



- ¥ Exercise Band Should be at Shoulder Level
- ¥ Arms Slightly Below Shoulders
- ¥ Palms Facing Inward, Fist Vertical
- ¥ Feet Hip Width Apart
- ¥ Knees Bent
- ¥ Leaning Slightly Forward
- ¥ Core Tight
- ¥ This is the Neutral Position



Next:

- ¥ Extend Your Right Arm Straight Out in Front of You
 - Rotate Your Core at the Same Time
- ¥ Keep Your Hips Square and Forward
- ¥ Palms Facing Inward, Fist Vertical
- ¥ Keep Your Arms Slightly below your Shoulders
- ¥ Keep Your Elbow Slightly Bent



Return to the Neutral Position

Focus

- ¥ Feet Hip Width Apart and Forward
- ¥ Knees Bent
- ¥ Leaning Slightly Forward
- ¥ Core Tight



Next:

- ¥ Extend Your Left Arm Straight out in Front of You
 - Rotate Your Core at the Same Time
 - ¥ Keep Your Hips Square and Forward
 - ¥ Palms Facing Inward, Fist Vertical
 - ¥ Keep Your Arms Slightly below your Shoulders
 - ¥ Keep Your Elbow Slightly Bent
- REPEAT**

Pull:



- ¥ Exercise Band Should be at Waist Level
- ¥ Feet Hip Width Apart
- ¥ Knees Bent
- ¥ Leaning Slightly Forward
- ¥ Core Tight
- ¥ This is the Neutral Position



Next

- ¥ Pull Your Right Arm Straight Back
 - Rotate Your Core at the Same Time
- ¥ Stop When Your Hand Reaches Your Side
- ¥ Keep Your Hips Square and Forward



Return to Neutral Position



Next:

- ¥ Pull Your Right Arm Straight Back
 - Rotate Your Core at the Same Time
 - ¥ Stop When Your Hand Reaches Your Side
 - ¥ Keep Your Hips Square and Forward
- REPEAT**

Focus

- ¥ Feet Hip Width Apart
- ¥ Knees Bent
- ¥ Leaning Slightly Forward
- ¥ Core Tight

Lift



- ¥ Exercise Band Under Left Foot
- ¥ One Hand Wrapped Under the Other, Palms Up
- ¥ Hands at the Centre of Your Stomach
- ¥ Feet Hip Width Apart
- ¥ Knees Bent
- ¥ Leaning Slightly Forward
- ¥ Core Tight
- ¥ This is the Neutral Position



Next:

- ¥ Lift To the Centre of Your Chest



Next:

- ¥ Rotate Your Core to the Right
- ¥ Keep Your Hips Square and Forward



Next:

- ¥ Lift with Your Right Hand as High as You Can
- ¥ Let Your Left Hand Follow
- ¥ Keep Your Hips Square and Forward



Next:
 ¥ Lower with Your Hands to Your Chest



Next:
 ¥ Rotate Your Core Back to Centre
 ¥ Keeping Your Hands at Your Chest



Next:
 ¥ Lower your Hands to the Centre of Your Stomach **REPEAT**

Focus
 ¥ Feet Hip Width Apart
 ¥ Knees Bent
 ¥ Leaning Slightly Forward
 ¥ Core Tight

Repeat In Opposite Direction with Rubber Band under Right Foot

Chop



¥ Secure Exercise at above Head Level While Kneeling
 ¥ Kneel on outside Knee
 ¥ Inside Foot Forward, Leg at 90 Degrees
 ¥ Inside Arm Parallel with Shoulder
 ¥ Inside Hand on the Exercise Band Palm Down
 ¥ Look Toward Inside Hand
 ¥ Leaning Slightly Forward
 ¥ Core Tight



Next:

- ¥ Bring Inside Arm Down to 90 Degrees
- ¥ Forearm Parallel to Floor
- ¥ Look Forward



Next:

- ¥ Rotate Core to the Outside
- ¥ Bring Outside Arm Across Your Body
- ¥ Keep Elbow Slightly Bent
- ¥ Look Outward



Next:

- ¥ Rotate Core Back to Centre
- ¥ Bring Inside Arm Back to 90 Degrees
- ¥ Forearm Parallel to Floor
- ¥ Look Forward



Next:

- ¥ Bring Inside Arm Parallel with Your Shoulder
- ¥ Look Toward Your Inside Arm

Focus

- ¥ Leaning Slightly Forward
- ¥ Core Tight

Repeat On Opposite Side

Lift & Balance

(One Leg Squat)



- ¥ Plant one Foot on a Stable Object (e.g. piece of 2 by 4)
- ¥ Lift Opposite Foot Off Ground and Balance
- ¥ Hold onto Weight on as Illustrated
- ¥ One Hand Wrapped Under the Other, Palms Up
- ¥ Knee Bent
- ¥ Leaning Slightly Forward
- ¥ Core Tight
- ¥ This is the Neutral Position



Next:

- ¥ Lift Up and Across to the Opposite Side of Body
- ¥ At the Same Time Straighten Planted Leg
- ¥ Finish with the Weight Just Above Shoulder



Next:

- ¥ Return to Neutral Position

REPEAT
Repeat On Opposite Side