

Senior Crew Boat Process 2018

The main focus for the senior crew boat process in 2019 is to develop boats that as a minimum can qualify Olympic quota spots (Top 8) at the 2019 World Championships.

The process is aimed at maximising the training effect of the time spent in the crew boats over the winter and will consist of both test days and also open crew boat training for K4's and K2's. The crew boat training will focus on quality sessions and not on testing/evaluating crews.

The deadline for registering is **Friday, 26 October**, if you would like to take part in the senior crew boat process, please confirm your attendance through the following link: [HERE](#)

Please also confirm if you come as part of a set crew, or you would like to be mixed into a crew on the day.

Senior Men's K4 500, Women's K4 500 and K2 500m

The first 3 rounds of testing will be focused on individual qualities both on water in K1's and off water on the ergo. The earlier testing rounds will help inform decisions around boat combination for winter training both in open training days and day to day training.

There will be no guarantee of equal time in certain combinations at any point in the process.

The final testing (round 4) and nomination of the crews will still be based on crew boat qualities and will be in line with our focus on building endurance over full race distance in year 2 of the crew boat process.

The nomination will be based on seat trialling between the top 6 athletes after round 3 and an evaluation from the Campaign coach and Head Coach on which boat will have the best opportunity to fulfil the main goal for 2019 as per above.

The results from each testing round will be emailed to all participating athletes within 4 days of the test day. The Top 12 athletes from round 1 of testing will receive an invite to Round 2. Following Round 2 of testing this will be narrowed down to 8 athletes for Round 3 and then down to 6 athletes for the final round of testing.

If an athlete has mitigating circumstance for not participating in a test round, this should be emailed to Sprint Team Manager and Head Coach as soon as possible.

Crew Boat Process – Men's K4 500 and Women's K4 500 & K2 200m						
All test days at HPP	Round 1. 17 th Nov.	Round 2 5 th Jan	Round 3 23 rd Feb	Notes	Round 4 wk. start 4. March	Notes
Start performance	75m standing start	75m standing start	75m standing start	GPS time	Seat trials. K4 500m time trials	GPS times + Campaign coach + Head Coach evaluation
Race pace	250m standing start	300m standing start	350m standing start	GPS time		
Race endurance (Ergo test)	75 sec ave wattage (Men)	75 sec ave wattage (Men)	75 sec ave wattage (Men)	Absolute power		
	90 sec avg. wattage (Women)	90 sec avg. wattage (Women)	90 sec avg. wattage (Women)			
Going forward	Top 12	Top 8	Top 6		1 x K4 + 3 x K2	

For the Senior Women's Crew Boats, the priority order for selection is K4 500m, K2 500m **Tests:**

75m

The 75m standing start is a good way to in combination assess the athlete's ability accelerate the boat and generate high max speed. In line with our fast start strategy, we have an ambition on continue to be one of the Top 3 boats over the first 100m in 2019, and the individual start capacity is important in keeping our advantages in this part of the race.

Race pace speed

250-350m with standing start. This will assess the athlete's ability to hold high anaerobic speed after a maximum start effort.

Following our short to long training philosophy, the distance will increase over the 3 rounds of testing in line with the athletes are developing greater fitness over the winter training. The final round of 350m will simulate 85-90% of K4 race time.

Race / power endurance (Ergo test)

This is a test to see workload capacity over the full K4 racing time.

The reason for doing this test on the Ergo, is that we want to make sure we don't lose strong/endurance athletes that have the capacity to work hard all the way down the course, but maybe have less strong abilities in making a K1 run. With the longer water line and bigger volume in the crew boats, the ability to generate stable high power can make up for a less smooth boat run.

As a combination of test there is still a high focus on speed qualities, and the fast start strategy.

With 2 of 3 test focusing on race pace and race endurance this year's crew boat process mirrors our desire to build on the fast start from 2018 with the ability to hold on to the World best towards the finish line.

Senior Open K4 crew boat training days

2 training sessions 70-85 minutes long at 10.00am & 13.00 each training day.

24th November 2018

19th January 2019

2nd March 2019

Senior Women's Canoe Crew Boat Process

The aim of the Senior C2 process is to create a boat capable of qualifying for the Tokyo 2020 Olympic Games at the 2019 World Championships.

The first 2 rounds of testing will be focused on individual qualities both on water in C1's. The earlier testing rounds will help inform decisions around boat combination for winter training both in open training days and day to day training.

There will be no guarantee of equal time in certain combinations at any point in the process.

The final testing (round 3) and nomination of the crews will still be based on crew boat qualities and will be in line with our focus on building endurance over full race distance in year 2 of the crew boat process.

The nomination will be based on seat trialling between the top 4 athletes after round 3 and an evaluation from the Campaign coach and Head Coach on which boat will have the best opportunity to for fulfil the main goal for 2019 as per above

The results from each testing round will be emailed to all participating athletes within 4 days of the test day. The Top 6 athletes from round 1 of testing will receive an invite to Round 2. Following Round 2 of testing this will be narrowed down top 4 for the final round of testing.

If an athlete has mitigating circumstance for not participating in a test round, this should be emailed to Sprint Team Manager and Head Coach as soon as possible.

Senior Women - Canoe Crew Boat Testing Process

All test day	Testing Round 1	Testing Round 2	Testing Round 3 C2 Seat Trials
	Date: 17/11/18	Date: 12/01/19	Date: 23/02/19
Start performance	80m Standing Start	80m Standing Start	80m Standing Start
Race pace speed	250m Standing Start	350m Standing Start	400m Standing Start
Going forwards	Top 6 Combined ranking of the two test	Top 4 Combined ranking of the two test	Top 4 (Reserve) Combined ranking of the two test

The nomination will be based on seat trialling between the top 4 athletes after round 3 and an evaluation from the Campaign coach and Head Coach on which boat will have the best opportunity to for fulfil the main goal for 2019 as per above

Testing will be in C1 and there will be more time between testing to allow combinations to train There will be no restriction on same side crews

Being in the Top 6/4 allows athletes to be considered to trial in boat combinations.
The starting point will be to prioritise time in combinations for those highest up the ranking list

Senior Men's K2-1000 Crew Boat Process

Crew boat process - Men's Endurance K2-1000m

	4 th November	5 th January	2-3 rd March	Notes
Race endurance – test covering 90% of race distance	K1 900m	K1 900m	K2 900m seat Race	GPS times + Campaign coach + Head Coach evaluation
Race power test	K1 400m	K1 400m		
Going forward	Top 8 (aggregate position from both tests)	Top 6 (aggregate position from both tests)	2 x K2	

The goal of the Senior K2/Endurance Crew boat testing process is to establish a K2 1000m for the 2019 Senior Worlds team capable of Olympic Qualification for the Olympic Games or the 2nd Round in 2020.

There are 2 rounds of tests assessing K1 abilities, with the final round of testing evaluating K2 qualities.

In addition to the formal testing days open crew boat session will be run giving athletes the opportunity to refine K2 skills and learn to paddle effectively with different paddlers.

There will be no guarantee of equal time in certain combinations at any point in the process.

The final testing (round 3) and nomination of the crews will still be based on crew boat qualities. The nomination will be based on seat trialling between the top 6 athletes after round 2 and an evaluation from Campaign coach and Head coach on which boat will have the best opportunity to for fill the main goal of 2019 as above.

The results from each testing round will be emailed to all participating athletes within 4 days of the test day. The Top 8 athletes from round 1 of testing will receive an invite to Round 2. Following Round 2 of testing this will be narrowed down to 6 athletes for the final round of testing.

If an athlete has mitigating circumstance for not participating in a test round, this should be emailed to Sprint Team Manager and Head Coach as soon as possible.

Open Squad training days are arranged for the following weekends and are open to all Mens A paddlers

17th November 2018

1st December (K1 speed profile - provisional) 2019

19th January 2019

Testing for K2-1000 Crew boats:

K1 400m - Testing Start, Acceleration and transition. Shows the ability to maintain high boat speed after start. Test requires increased power required for K2 paddling

K1 900m- Testing aerobic power required over K2 1000m race time showing ability to hold high pace for close to race distance.

K2 900m seat race - Trialling combinations over 90% of race distance to give strong indication of K2 1000m ability.

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