



Riding Bumps: Sup and Prone Paddle Race Training

Roch Frey

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Riding Bumps Sup and Prone Paddle training is all about going faster and pushing the limits of your ability. With over 20 years of endurance coaching experience, Roch and Huddle discuss all of the basics you need to know to design our paddle race training program. Topics include: heart rate based training, nutrition, periodizing your training year, interval based paddle training, and avoiding burnout. You will also learn why you need to slow down to get fast and how to accomplish your paddling goals in the least amount of time.

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