

STRENGTH & FITNESS TRAINING FOR ROUGH RIDERS DRAGON BOAT TEAM

Melany Brandon:

- DragonMax paddler for 7 years
- 2023/2025 Senior C Team USA Dboat athlete
- Retired San Francisco Fire Department Chief
- BS in exercise physiology from SF State
- Dragon boat Fitness Program dragonmax.org

TIME COMMITMENT

Strength, endurance, flexibility doesn't happen overnight! PEARLS OF WISDOM!

Weekly training options:

- Strength focus - 3 days OTW (On The Water) and 3 days Land Training
 - Sat/Tue/Thu OTW and M/W/F weights/core
- Endurance focus - 2 days OTW, 2 days land, 2 days aerobic exercise
- Always allow 1 day of rest/week



Land training - 1 hour/day

- Stretch Dboat Muscles
- Abs/core
- Aerobics
- Strength building



LAND TRAINING

1. Always do warm up exercises core/abs to loosen muscles before resistance training - reason it's called "warm up" exercises - for fluid motion and injury prevention
 - Warm up stretches-half moon lat, hands to back triceps, hand back to teammate bicep/chest, shoulder rolls, legs 3 ways. Move-jumping jacks, alternate knee to elbow, burpees
2. Core/abdominal exercises
 - [V sit ups](#)
 - [Bicycle crunches](#)
 - [Russian twist](#)
 - [Plank](#) - straight back and hold for 1 minute then increase time
 - [Flutter kicks](#)
3. Aerobic exercises b4 strength training: erg, running, jump rope, bicycling
 - Target heart rate zone-by age and fitness level-can use as tool to improve endurance-220 minus age. Shoot for 50-85% Mod to Heavy.
 - Work up to maintaining target heart rate for 30 minutes
 - As fitness improves, heart rate, work of breathing, sweating decreases
4. Body weight exercises or weight lifting

5-Zone Model of Intensity

Zone	Type of Exercise	Heart Rate	RPE
1	Active Recovery	55-70% Max	<4
2	Aerobic Endurance	65-80% Max	4 to 6
3	Tempo	77-87% Max	6 to 7
4	Threshold	84-94% Max	7 to 8
5	VO2max	> 90% Max	> 8
6	High Intensity Sprints	Variable	> 8
7	Anaerobic Capacity	Variable	> 8
8	Strength Training	Variable	Variable

- Aim for zone 4 - improves speed, power, aerobic capacity
- RPE is rate of perceived exertion - subjective scale that estimates how hard your body feels it's working

TABATA WORKOUT

- Great conditioning exercise to improve fitness & endurance
- Definition: high intensity interval training (HIIT) that involves alternating 20 seconds of maximum effort with 10 seconds of rest for 8 rounds in 4 minutes.
- Can be adapted for dragon boating: 2 minutes at 100% power/technique, then 30 seconds light paddling for 5 sets. Can start w/2 min ON/1 min light paddling.
- Also used in land training aerobics: erg, running, bicycling.
- Workout that gives rapid improvement in fitness levels.

DO I NEED WEIGHTS OR NOT TO BUILD MUSCLE?

BODY WEIGHT EXERCISES VS. GYM WEIGHTS

- ❖ **Body weight exercises** - exercises that rely only on body weight
- ❖ Allow for development of strength, endurance, flexibility, coordination
- ❖ Involves multiple muscle groups working together and engaging core
- ❖ Muscle Booster App-good for body weight exercises
- ❖ **Strength building with weights** - dumbbells, barbells, water jugs: 1 gallon = 8 lbs.
- ❖ Repeated lifting of a weight (reps) causes delayed onset muscle soreness (DOMS) initially and on each increase in weight
- ❖ The muscle grows when it repairs/recovers/heals to prepare/adapt for the next challenge.
- ❖ Allows isolation of 1 muscle group at a time
- ❖ Core exercises separated out

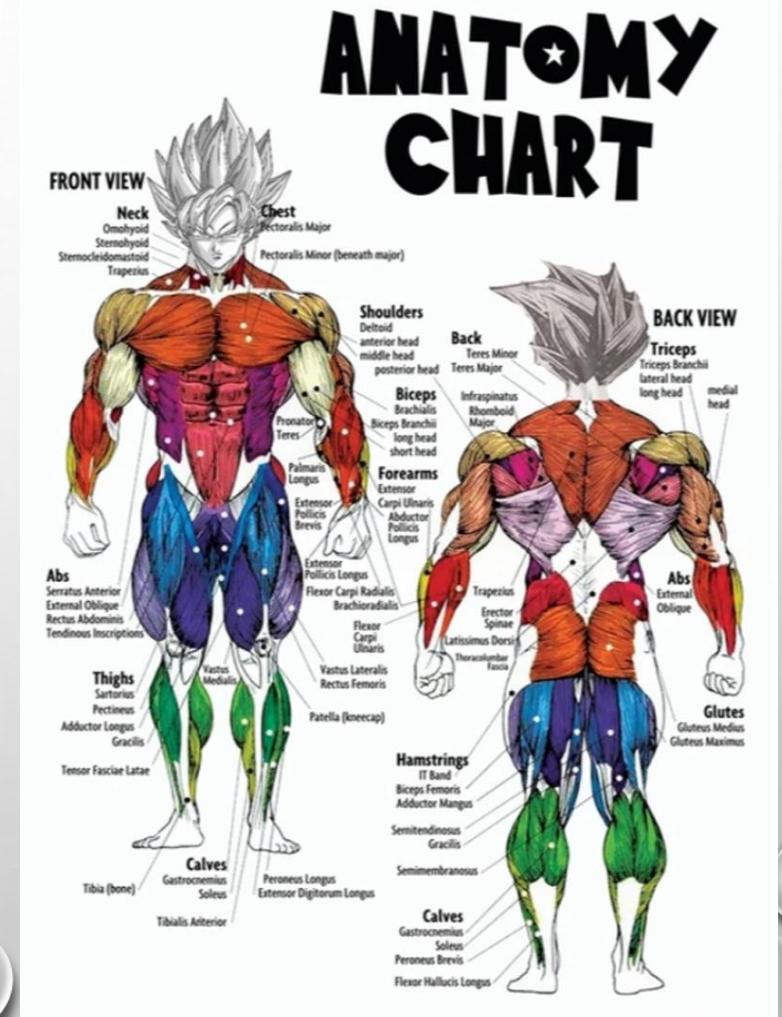
A SET OF DUMBBELLS AROUND \$50 TO \$100 ON ONLINE



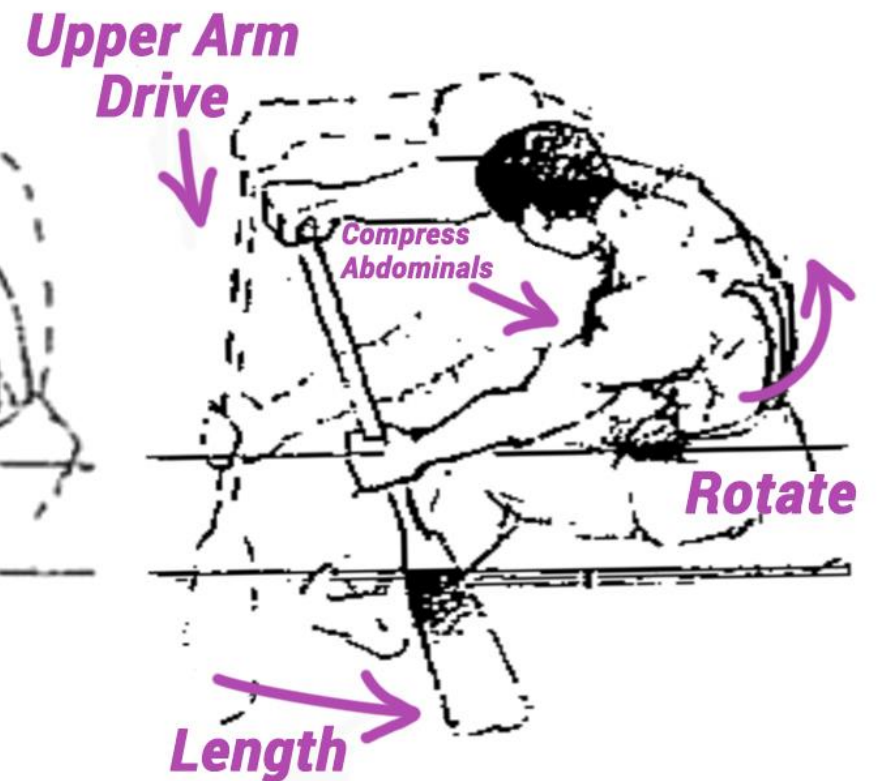
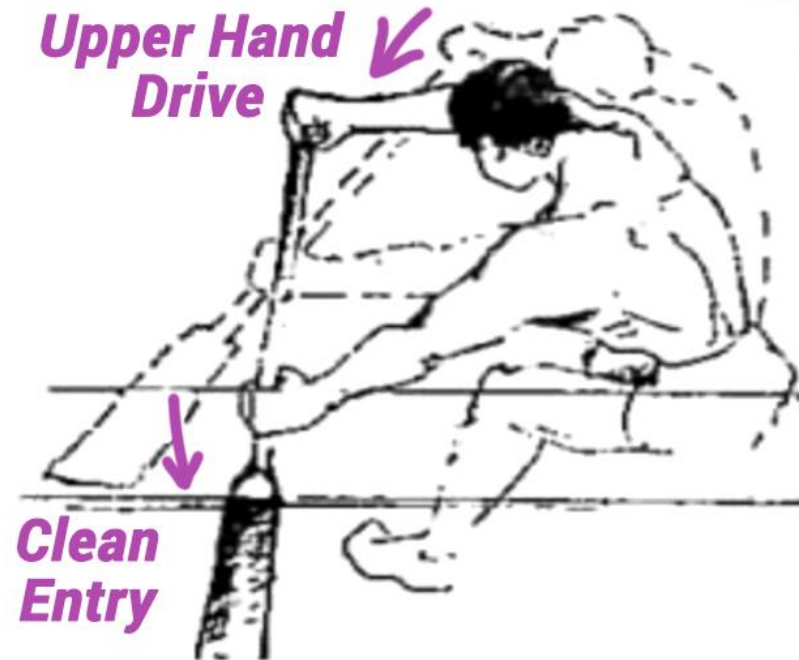
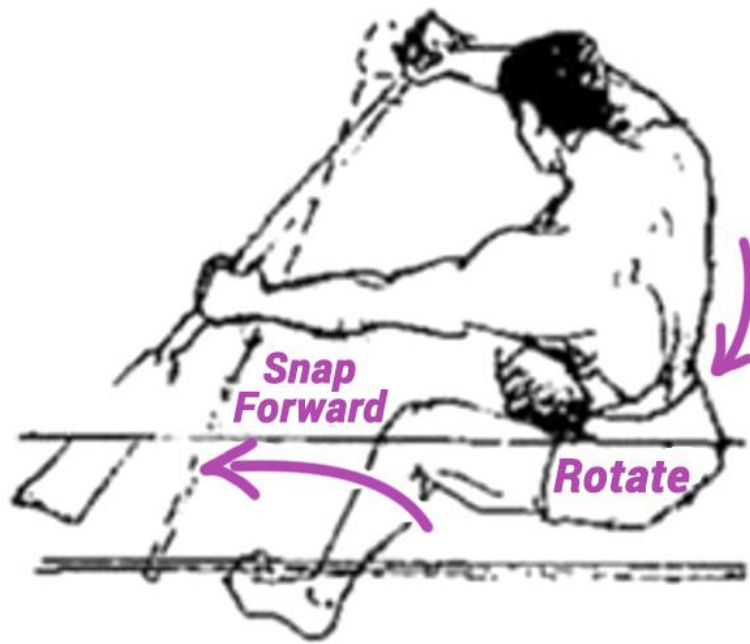
5 MUSCLE GROUPS FOR DRAGON BOATING

5 muscle groups for dragon boating

- 1) Back muscles (latissimus dorsi) - on the catch and paddle pull back
- 2) Shoulders (deltoids) - catch and paddle pull back
- 3) Chest (pectorals) - to maintain paddle frame and paddle pull back
- 4) Back of upper arms (triceps) - on the catch
- 5) Legs (quadriceps, hamstrings, calves) - leg drive on paddle pull back



DRAGON BOAT STROKE





HOW MANY REPS/WHAT WEIGHT TO START WITH?

- A set - performing an exercise for a certain number of repetitions (reps)
- Goal - work up to 3 sets of 15 reps for each exercise with 1 min. rest between sets
- Can do body weight or weight lifting exercises or combine
- If new to strength training, start with light weights, fewer sets and reps for a couple of weeks until comfortable, then progressively increase weight



KNOW YOUR BODY AND DO WHAT'S BEST FOR YOUR GOALS

- Weight loss goal - lighter weights with higher repetitions (20), heavy on aerobic exercises, abs, stretching, yoga
- Muscle gain goal - progressively higher weights with fewer reps (12-15) as in pyramiding
- Risk of higher weights to soon is injury, so do it gradually and always stretch, abs, aerobics first
- Different exercise program for each sport - running, tennis, dragon boat, basketball
- You could just do the sport only but a fitness program can boost your performance and enjoyment from greater strength and endurance!



LET'S PRACTICE THE EXERCISES



UPPER BACK EXERCISES (LATS)

- Weight exercises - single arm rows with dumbbell from bench-3 sets of 15 reps for all exercises
- Start with 15 or 20 pounds dumbbell or gallon water jug (8 pounds)
- Body weight options – lat pulls w/bands, inverted row, upside down snow angel, Superman
- [Superman](#)

SHOULDERS

- Weight exercise - lateral or frontal dumbbell raises with 5-10 pound dumbbells or water bottle equivalent
- Always use good form on each exercise to prevent injury
- Body weight exercises - shoulder taps, bear crawls, superman (arms in I, Y, T positions)
- [Shoulder Taps](#)



CHEST

- Weight exercises - chest flys or press with dumbbells or bench press with barbell
- Body weight exercises - push-ups with good body plank, wide or narrow hands with elbows not past shoulders on dip. Can begin push-ups with kitchen counter, then bench or with knees, then floor.

TRICEPS

- Weight exercises - bent over or overhead tricep extension or tricep pull-down at gym
- Body weight exercises - do tricep dips on chair, plank ups-start in elbow plank then alternate one arm at a time up to straight arm plank



LEGS

- Weight exercises - squats with heavy single dumbbell (20, 25, 30 pound) or walking lunges with pair of dumbbells hanging in hands
- Body weight exercises - jump squats, calf raises, lunges with weight, step ups onto platform

FINAL THOUGHTS

- Remember to eat healthy and drink at least 64 ounces (eight 8 ounce glasses) of water per day.
- 30-60 min before practice/race-carbs.
- 30-60 min after practice/race-protein and carbs & plenty of water.
- Strive for healthy social, spiritual, family and mental health aspects of your life and seek help if you need it.

