

**These are some learnings from Lori J's paddle clinic on 4/4/26**

**BREATHE:**

There is a way to go about breathing in a more efficient and effective way to optimize and improve performance in your training on and off the water.

Although it may seem logical that breathing is important, we have gotten away from breathing efficiently. There are so many reasons why we breathe less efficiently - high levels of stress, not being present, pain, etc. It is so important to breathe in a way that is efficient, because:

1. It provides our bodies with oxygen and supports our bodies in using carbon dioxide effectively
2. It keeps our nervous system calmer (we race calmer, decrease the effects of pain, support stretching and motility to be more effective, etc.)
3. When we breathe into our diaphragm it creates a calm, as well as keeps our diaphragm muscle working efficiently
4. Core muscle groups kick in right off the bat when breathing from the diaphragm (Transverse Abdominus Multifidus)
5. Supports your teammates by focusing your breathing more effectively, thus giving energy vs. loud, labored breathing which can distract those around you.
6. Decreases energy leaks.

**WARM-UPS:**

Before going out on the water, plug in to prepare your body for movement and your mind to focus on your paddling intentions and your why for paddling

In warm-ups make sure to include:

- \*Breathing
- \*Large body movements (walk, jumping jacks, etc)
- \*Range of Motion, Dynamic Warm-Ups

**CONNECT TO YOUR BODY:**

\*Use your hips; they connect you to the boat and support your body's rotation. Start with your feet then your seat.

\*Connect to your lats during your stroke (top arm and bottom arm)

\*Engage your core - feel the plank in your stroke.

\*Chest up, imaging the finish line is pulling you.

**BE INTENTIONAL:**

Move with intention. Don't just move to move, move with intention during drills.

**SPACE:**

Use your paddling space (what is your space).