

RESISTANCE TRAINING

- Training with resistance is definitely one of the best ways to improve your
- paddling strength and stroke technique.

Meet your new resistance trainer. You might have heard of him – Riviera team rider Thomas Maximus. He’s collaborating with *Standup Paddle Magazine* in a new series designed to condense his most useful tips and tricks from seventeen plus years of training and racing outriggers and more than 119 SUP races in the last five years.

1

You’ll be amazed how much drag is created by simply connecting a bungee cord around your board in front of your feet with hooks easily accessible for removal. For more resistance, try feeding the cord through a tennis ball or knotting the cord underneath the board.

The bungee cord can easily be removed during a workout and placed around your waist.



2

Implementing additional resistance during sprint and interval workouts will improve race starts, breakaways and upwind performance.



3

Additional resistance will allow you to slow down your stroke rate and focus on a deliberate and effective catch/anchor to avoid cavitation, defined as the formation of partial vacuums in a liquid by a swiftly moving solid body.

