

Women's Training Regimen for Competitors

by DeAnne Hemmens

Editor's note. DeAnne Hemmens was the National Surfski Champion at the USLA National Championships in Miami Beach 2001. Although not competing as a lifeguard, DeAnne was obviously a star in the water DeAnne was twelve-time National Champion, and a member of the Pan American Team and the Olympic team. Her credentials are so stellar it may be an inspiration to some other female athletes to learn a little about her training regimen. DeAnne's recent competition accomplishments are especially impressive when we remember she is a thirty-seven year old mother of two sons! And yes, our recruiting department has considered offering her a lucrative contract to come compete and score mega-points with Del Mar's team but so far, no luck. DeAnne is also owner of Ocean Paddlesports, a sponsor of CSLSA.

I never swim train and I never board train unless the weather is above 75' and the water feels warm. Even then, I only go in and out through the surf for about 30 minutes. So all I offer is what I do in a kayak and surfski.

A typical week of training in the winter months

- Monday a.m.:** 3 x 2000 meters or 10 minutes, resting no more than 2 minutes between each. I do this in a KI if the weather is cold; otherwise I use my Mako Millennium surfski and ride my husband's wake for this work out. p.m.: weights- sets of 10 reps 6-8 exercises not too heavy, just to keep contact with the weight room
- Tuesday a.m.:** 6 x 8 minutes KI paddle 70% or so, rest 2 minutes in between. p.m.: Run track or fartleks —Scandinavian, interval type running schedule.
- Wednesday a.m.:** 10 x 3-minute pieces hard, rest 1 1/2 minutes in-between, this should feel very hard. **Wed. p.m.:** Weights again, a little heavier 4-6 reps 6-8 exercises or if the wind is blowing a fun ski paddle riding swells.
- Thursday a.m.:** Rest. **Thurs. p.m.:** Run easy 45min.
- Friday a.m.:** Ski or KI 2-4 x 20 minutes hard. Rest 5 min. between. If you have an island or course about 20' use that and try to go for time and be faster every time.
Fri., p.m.: Easy paddle with rope for resistance or rest.
- Saturday and Sunday** I use these days to do a really long steady paddle 2-3 hours. I sometimes paddle double ski with my husband or we try to go in a group. During the winter months there are some long distance races too, so that is a different way to train. Do not forget to stretch, hydrate and rest. I find that keeping a training log is always helpful from year to year, and remember if it isn't fun, don't do it.

See you on the beach!



DeAnne
on her
surfski