

Features of Annual Junior Men's Kayak Training Loads in China

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Abstract : This paper attempts to kayak, Zhaoqing City, the annual training program for young men, the deconstruction and analysis, describe the characteristics of their training load, Young people to extract the key issues for training kayak, kayak training young people to clarify in Zhaoqing City, and the cause of the bottlenecks. On one hand, scientifically arranging for the coaches to adjust training load and provide the basis for periodic structure, for young people to provide practical reference kayak athletes. On the other hand, through their training load research, enrich the theoretical system kayak training project for junior kayak athletes to provide a theoretical basis.

Keywords : juniors, kayak, training programs, full year

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