

SHOW YOUR POWER!

PERFORMANCE TESTING FOR SLALOM PADDLERS - TROJA

Want to find out how you're doing? As part of a project by the Czech Olympic Committee, testing will take place in Troja to show you your strengths and weaknesses on the water.

WHAT CAN YOU EXPECT?

First, you'll go through a few simple tests to assess your body composition and structure. Then comes the main part: the 12x15 ALL OUT SHUTTLE TEST - a roughly 100-second sprint between two gates at full effort. This test is highly correlated with race performance. We'll time you and record you on video.

WHAT WILL I GET OUT OF IT?

You'll receive a results report showing your performance, strengths, and areas for improvement. You'll find out where your limits are, where you're falling behind, what you need to work on, and how you compare with other paddlers in your category.

WHEN?

Tuesday, August 12, 2025, from 9:00 AM to 6:00 PM

Wednesday, August 13, 2025, from 9:00 AM to 6:00 PM

WHERE?

Stop by the Czech Canoe Union tent near the calm water gates. You can get tested right away or reserve a time that suits you best.

WANT TO KNOW EVEN MORE?

If you're interested, we can attach a lightweight strain gauge to your paddle to show:

- how strong your stroke is,
- how much your strength decreases during the test (i.e., strength endurance).

We can also attach an accelerometer to your boat to measure:

- how fast you can accelerate.

It's quick, insightful, and can tell you a lot about how to train better.

CONTACT PERSONS

Jan Busta (jan.busta@ftvs.cuni.cz), T: 774 214 412

Martin Kratochvíl (krata2003@gmail.com), T: 603 553 242



Český
olympijský
výbor

**HIGH PERFORMANCE
PROGRAM**

**FREE SPORTS
NUTRITION FOR
ALL PARTICIPANTS!**

