

In sports with very high technical demand such as canoe slalom, it can be hard to distinguish an athlete's technical performance from their physical qualities. A result is given in seconds, but whether an improved technical or physical ability is needed to lower the time, is not always easy. This uncertainty can lead to athlete's frustration and lesser motivation, because of stagnation or lower rate of improvement. The aim of this study was to on an individual level help athletes to better understand their results in canoe slalom in relation to their technical and physical capabilities, and help coaches guide athletes in their training. This was done by measuring seven athletes power to weight ratio on a paddle ergometer, and comparing that with their best result on a competition like course. The athlete's physical qualities were also measured by a max chin test, that also compared to their results on the water. Results show that better physical performance can improve an athlete's overall results on a canoe slalom course, provided that their technical ability is good enough to utilize gained strength.