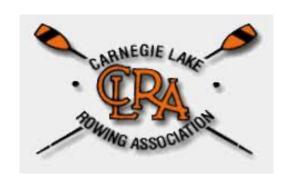
WEEKLY TRAINING PLAN

WEEK OF: April 10th-April 16TH



Day	Workout	Pacing	Technical Focus
M	10-12k of steady state and drills	U2	Handle mechanics. Inside
			arm, outside arm, wide grip, quarter feather.
Т	5x10', 2' rest	U2	Timing. Pick Series,
•	Mixed of drills and SS based on	02	pausing.
	boat ability		padamg.
W	6x2' w/2' rest	AT	Building intensity and
	Warm up for 15' minutes with		holding on to technique as
	drills.		boat speed builds.
	Then complete 2' sections by		
	full boat or fours/sixes		
	depending on boat ability.		
	Rates can be 24-28.		
Th	10' cool down with drills and SS	U2	Timing Dick Sories
111	One loop if the lake (10k) drills, SS and 10s at coaches discretion	02	Timing. Pick Series, pausing.
	in preparation for Friday pieces.		pausing.
F	2x2000m w/5' rest or 2x9' w/5'	AT	Building intensity and
	rest		holding on to technique as
	W/U to the course drills/SS		boat speed builds.
	Piece 1: SS, 10s, building		
	Piece 2: Hard press building		
	each 500, 24/26/28/open		
	***Coaches discretion in how		
	pieces are conducted based on		
	boat ability.		
S	Rest Day or Extra (erg, bike, run,	Rest Day or Extra	Rest Day or Extra
	swim)		
	I	l .	

	See supplemental erg for potential erg workouts.		
Su	2x20', 3' rest Rates 4/3/2/1 18/20/22/24	Aerobic	Drills for boats as needed.

WEEKLY NOTES:

Building on the water base and increasing intensity.

Secondary Erg Workouts:

W/U: 10 minutes SS, can include some drilling 3x3k, 4' rest, 1k@ 20/1k@ 22/ 1k@ 24

C/D: stretch and roll out

W/U: 15 minutes, first 10' as steady state, then increasing rate every 1' 20/22/24/26/28

1k piece at rate 24-26 (As fast as possible at these rates)

C/D: 10' steady state then stretch and roll out

Secondary Extra Workout Samples

Bike: 5x5' Big Gear Work (Low Cadence/Hills)

Warm up 10 min EZ,

Repeat 4 times Hard 1 min/ Easy 2 min

Repeat 5 times Hard 5 min/ Easy 2 min (these should be low cadence or find rolling hills outside)

Swim: 3x800

Warm Up: 400 EZ

3x800 as 600 Aerobic 200 pick-up (60 seconds rest)

Cool down:200 EZ

Run:

20-minute warmup

10x1 min hill sprints recover on downhill