

WEEKLY TRAINING PLAN



WEEK OF: April 17th-April 23rd

Day	Workout	Pacing	Technical Focus
M	11-13k of steady state and drills	U2	Handle mechanics. Inside arm, outside arm, wide grip, quarter feather.
T	11-13k of steady state and drills or 4x15' 18/20/22, 20/22/24	U2	Timing. Pick Series, pausing.
W	3x2k or 8' (500@22, 500 @24, 500@26, 500@28)	AT	Building intensity and holding on to technique as boat speed builds.
Th	2x500 on the erg @ pacing for a 1k effort, even rest. Then 2x-4k/20' cool down on the water or tanks.	AT/U2	Timing. Pick Series, pausing.
F	3x10' with 4' rest Piece 1: SS, 10s, building, drills Piece 2: 4/3/2/1 20-26 Piece 3: 4/3/2/1 20-26 ***Coaches discretion in how pieces are conducted based on boat ability. Whether that is fours/sixes or all eight/all four.	U2-U1	Building intensity and holding on to technique as boat speed builds.
S	Rest Day or Extra (erg, bike, run, swim) See supplemental erg for erg workouts.	Rest Day or Extra	Rest Day or Extra

Su	3x15', 18/20/22, all pieces can include drills	Aerobic	Drills for boats as needed.
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WEEKLY NOTES:

Building on the water base and increasing intensity.

Secondary Erg Workouts (The one designated * is required for the competitive group)**

W/U: 10 minutes SS, can include some drilling

2x2k, 5' rest, rates 1k@24/1k@26

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 race pace

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