

WEEKLY TRAINING PLAN



WEEK OF: April 24th-April 30th

Day	Workout	Pacing	Technical Focus
M	12-14k of steady state and drills	U2	Handle mechanics. Inside arm, outside arm, wide grip, quarter feather.
T	One loop of the lake, ss and drills or 3x16' (2' rest) 4/4/4/4 18/20/22/24	U2	Timing. Pick Series, pausing.
W	10x250m(or 1 minute)/250m or 1 minute off 10' w/u and 10' c/d Coaches can adjust number of pieces and rates are coaches' discretion, ideally race pace.	AT	Building intensity and holding on to technique as boat speed builds.
Th	5x10', 1' rest 4/3/2/1 rates 20/22/24/26 If on the water SS and drills with slightly longer sessions of steady rowing	U2	Timing. Pick Series, pausing.
F	15' w/u 2x8', done on the course (2x2k) rates 24-30, coaches discretion. 15' c/d	U1-AT	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	One full loop of the lake with steady state and drills	U2	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

10x1' on 1' off rates 26-30

C/D: stretch and roll out

*****W/U: 10' steady state**

4x1000m/1' rest, rates 20-22

C/D: 5' steady state then stretch and roll out