

WEEKLY TRAINING PLAN

WEEK OF: April 3rd-April 9TH



Day	Workout	Pacing	Technical Focus
M	3x2miles either by full boat or hard press in pairs/fours/sixes depending on boat. 1 st piece rates 20-22 2 nd piece rates 22-24 3 rd piece rates 24-26	U1	Building intensity and holding on to technique as boat speed builds.
T	10-12k	U2	Timing. Pick Series, pausing.
W	4x2k 1 st 500@22/500 drill repeat 2 nd 500@24/500 drill repeat 3 rd 500 @26/500 paddle repeat 4 th 500 @28/500 paddle repeat	U2-U1	Building intensity and holding on to technique as boat speed builds.
Th	12-14k of drills and SS	Aerobic	Handle mechanics. Inside arm, outside arm, wide grip, quarter feather.
F	4x1k even rest Piece 1 @24 Piece 2 500@ 24 500@ 26 Piece 3 @26 Piece 4 500@ 26 500@ 28	AT	Building intensity and holding on to technique as boat speed builds.
S	Rest Day or Extra (erg, bike, run, swim)	Rest Day or Extra	Rest Day or Extra

	See supplemental erg for potential erg workouts.		
Su	3x15', 3' rest Rates 18/20/22 5/5/5	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
2x5k, 2' rest, 2k@ 20/2k@ 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
3x750m with even rest rates 24-28
C/D: 5' steady state then stretch and roll out