

WEEKLY TRAINING PLAN

WEEK OF: July 10th- July 16th



Day	Workout	Pacing	Technical Focus
M	3x2k or 8' (4' rest) as: 500@22/500@24/500@26/500@28 (this can also be 2')	U1	Body over/hands away pausing. Focus on cycling the hands out of bow
T	11-13k of steady state and drills or 4x15' 18/20/22, 20/22/24	Water: U2	Timing. Pick Series, pausing.
W	4x6' with 4' rest Piece 1: SS, 10s, building, drills Piece 2: 3/3 as 26/28 Piece 3: 3/3 as 28/30 Piece 4: 3/3 as 30/open	AT	Building intensity and holding on to technique as boat speed builds.
Th	3x15', 18/20/22, all pieces can include drills	Water: U2	Timing. Pick Series, pausing.
F	Warm up to top of the lake and then leap frog @ just below race cadence 26-28 to big turn, short break and then continue to the boathouse. (If boatings allow, if not 20 strokes on, 20 strokes off)	AT	Should discuss as a boat what the race plan is and communicate to coxswain prior to launching.
S	Rest Day or Extra (erg, bike, run, swim) See supplemental erg for erg workouts.	Rest Day or Extra	Rest Day or Extra Erg
Su	One full loop of the lake with steady state and drills	U2	Drills for boats as needed.

WEEKLY NOTES:

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

Either complete missed workouts or

*****W/U: 15' steady state, last 5' ramp up with 10's at 1k pacing.**

**6x500 with 2' rest
Done as rates 28-36**

C/D: 10'-20' steady state then stretch and roll out