

WEEKLY TRAINING PLAN

WEEK OF: July 24th- July 30th



Day	Workout	Pacing	Technical Focus
M	2x1k with even rest 20' w/u + 10' c/d Each one with a start, practice full race pieces	AT	Body over/hands away pausing. Focus on cycling the hands out of bow
T	One loop of the lake, ss and drills or w/u 10' SS 5x10'(2' rest) @ 4/3/2/1- 20/22/24/26 c/d 5' EZ	Water: U2	Timing. Pick Series, pausing.
W	20' w/u (10s, hard press) 3x(3x1:40 on/:20' off) 10' c/d back to boathouse	AT	Starts and speed work!
Th	10' w/u SS 2x25(5' rest) rates are as follows 5/5/5/5 18/20/22/20/18 5' c/d If on the water SS and drills with slightly longer sessions of steady rowing	Water: U2	Timing. Pick Series, pausing.
F	Practice full 25 minute race warmup and then 1-2 one minute pieces at cadence with a start	AT	Practice Race Warm Up and do these as a boat to get prepared for racing!
S	Quaker City or Rest Day or Extra (erg, bike, run, swim)	Rest Day or Quaker City	Rest Day or Extra Erg
Su	One full loop of the lake with steady state and drills or Rest Day if you raced at Quaker City	U2	Drills for boats as needed.

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WEEKLY NOTES:

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

Either complete missed workouts or

*****W/U: 10' SS with drills**

5000m with rate changes every 1k, 22-24-22-24-26

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