

# WEEKLY TRAINING PLAN

RACE WEEK: LAKER REGATTA

WEEK OF: July 3<sup>rd</sup>- July 9th



Day	Workout	Pacing	Technical Focus
<b>M</b>	10x250 with even rest or 1' on 1' off 20' w/u + 10' c/d	U1	Body over/hands away pausing. Focus on cycling the hands out of bow
<b>T</b>	One loop of the lake, ss and drills or extra erg workout	Water: U2	Timing. Pick Series, pausing.
<b>W</b>	20' w/u SS and drills  3x750 or 3' on 5' rest  Ideally done on the course, coxswains can practice staying in the lane. First one with a start, second one as a build into race cadence, last one as a practice build into race cadence and sprint finish.	AT	Building intensity and holding on to technique as boat speed builds.
<b>Th</b>	4x6' with 2' rest Warm up 10' 1+2 as 18/20/22 3+4 as 20/22/24	Water: U2	Timing. Pick Series, pausing.
<b>F</b>	25' RACE WARM UP, practice a good race warm up. May include pic series, steady state, 10s, starts. 2x1k@ race pace, plenty of rest in between first piece start line to 1k. Second piece 1k to start line. Then paddle back in.	AT	Should discuss as a boat what the race plan is and communicate to coxswain prior to launching.

<b>S</b>	Rest Day or Extra (erg, bike, run, swim)  See supplemental erg for erg workouts.	Rest Day or Extra	Rest Day or Extra Erg
<b>Su</b>	One full loop of the lake with steady state and drills	U2	Drills for boats as needed.

**WEEKLY NOTES:**

**Building on the water base and increasing intensity.**

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

**Either complete missed workouts or**

**\*\*\*W/U: 15' steady state, 10's at 5k pace**

**5x5' with 3' rest**

**Done as**

**Piece 1+2- 3'@22, 2'@24**

**Piece 3+4- 3'@24, 2'@26**

**Piece 5- 2'@26, 2'@28, 1'@open rating**

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