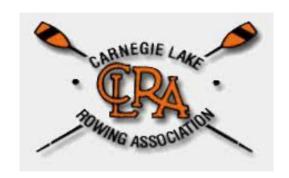
## WEEKLY TRAINING PLAN

RACE WEEK: LAKER REGATTA

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



Day	Workout	Pacing	Technical Focus
M	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
Т	One loop of the lake, ss and drills or extra erg workout	Water: U2	Timing. Pick Series, pausing.
W	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.
Th	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.
F	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.

S	Rest Day or Extra (erg, bike, run, swim)	Rest Day or Extra	Rest Day or Extra Erg
	See supplemental erg for erg workouts.		
Su	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