

WEEKLY TRAINING PLAN

WEEK OF: June 26th- June 2nd



Day	Workout	Pacing	Technical Focus
M	6x500 with even rest 20' w/u + 10' c/d First two with a start Second two at base race cadence Last two as finishing 500	U1	Body over/hands away pausing. Focus on cycling the hands out of bow
T	One loop of the lake, ss and drills	Water: U2	Timing. Pick Series, pausing.
W	5x8' Warm up 10' 1+2 as 16/18/20/22 3+4 as 18/20/22/24 5 as 1 min paddle, 1 minute race pace	AT	Building intensity and holding on to technique as boat speed builds.
Th	20' w/u SS and drills 3x750 or 3' on 5' rest Ideally done on the course, coxswains can practice staying in the lane.	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. Then 2x1k with even rest. Full race prep.	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

	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, building in the last 5' with 10's at 1k pace**

10x250m or 1' with 1' rest

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