

WEEKLY TRAINING PLAN



WEEK OF: June 5th- June 11th

Day	Workout	Pacing	Technical Focus
M	2x18' 15' w/u + 10' c/d 5/4/3/2/1/1/1/1 18/20/22/24/26/28/30/32	U2-U1	Handle mechanics. Inside arm, outside arm, wide grip, quarter feather.
T	One loop of the lake, ss and drills or w/u 10' SS 4x8'(2' rest) @ 2/2/2/2- 18/20/22/24 c/d 5' EZ	Water: U2 Erg: 5k +10-20	Timing. Pick Series, pausing.
W	3x750m or 3x3' (even rest) w/u to the course rates can be determined by coaches ideally race pace 30-34 c/d back to the dock Should do at least one with a start. ***opportunity for switches	AT	Building intensity and holding on to technique as boat speed builds.
Th	10' w/u SS 2x5k(5'rest) rates are as follows Piece 1, 2k@18/2k@20/1k@22 Piece 2, 2k@20/2k@22/1k@24 5' c/d If on the water SS and drills with slightly longer sessions of steady rowing	Water: U2 Erg: 5k+10-12	Timing. Pick Series, pausing.
F	25' RACE WARM UP, practice a good race warm up. May include pic series, steady state, 10s, starts. Then:	AT	Can incorporate starts if necessary.

	2x1000m with full rest Both done with a start. 10' c/d back to boathouse		
S	Rest Day or Extra (erg, bike, run, swim) See supplemental erg for erg workouts.	Rest Day or Extra	Rest Day or Extra
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)**

W/U: 5 minutes SS, can include some drilling

2x3000m with 2' rest (rates 20-22, SS pace)

C/D: 5' SS, stretch and roll out

*****W/U: 15' steady state, can include drilling, should increase rate and do 1k pace 10s in last 5' 20-minute piece done as 1:40 on/ :20 off rates can be 26-28**

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

Pacing faster for goal 5k