

# WEEKLY TRAINING PLAN

WEEK OF: March 20<sup>th</sup>-Marth 26<sup>TH</sup>



| Day       | Workout  | Pacing                             | Technical Focus   |
|-----------|--|------------------------------------|---|
| <b>M</b>  | 3X20' (REST 3')<br>Each 20-minute section will be a mix of drills and continuous rowing                        | Aerobic                            | Mostly drills and steady state mixed in. Looking to get in 3, 20 minutes sections of continuous rowing fours/sixes/eights |
| <b>T</b>  | Warm Up to the Dam and back to the start line then 2x2000 meters (even rest)                                   | U1<br>Rates 22-26 (boat dependent) | Getting used to shorter sections of hard work.  |
| <b>W</b>  | 4x15 minutes<br>5/5/5  | SS/Drills/SS                       | Longer sections of continuous rowing.   |
| <b>Th</b> | 1' on, 1' off by sixes or pairs (boat dependent) good hard press at increasing rates 20-26                     | U1<br>Rates 22-26 (boat dependent) | Getting used to shorter sections of hard work.  |
| <b>F</b>  | 12k of drills and SS   | Aerobic                            | Inside arm, wide grip, outside arm.   |
| <b>S</b>  | Rest Day or Extra (erg, bike, run, swim)<br><br>See supplemental erg for potential erg workouts.               | Rest Day or Extra                  | Rest Day or Extra   |
| <b>Su</b> | 5x10 minutes 4'rest<br>4/3/2/1 (18,20,22,24)<br><br>Can include drilling in first 2-3 sections boat dependent. | Aerobic                            | Using the pick series to work on timing and sustain that with rate changes.   |

## **Secondary Erg Workouts**

3x10', 2' rest, 4/3/2/1 rates 18/20/22/24

2x1k with even rest, rates 24-26

### **WEEKLY NOTES:**

**Just getting a sense of fitness and rowing ability being back on the water. All of these workouts can be modified to adapt to each boat. Ideally, everyone can have two harder water sessions and 4 sessions of drills and steady state.**