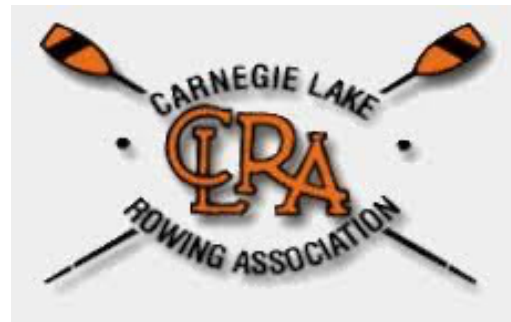


WEEKLY TRAINING PLAN



WEEK OF: March 27th-April 2nd

Day	Workout	Pacing	Technical Focus
M	4x3000m or 4x12' (3-4' rest)	Aerobic	Mostly drills and steady state mixed in. Continuous rowing fours/sixes/eights
T	Warm Up to the Dam and back to the start line then 4x1000m, even rest.	U1 Rates 22-26 (boat dependent)	Getting used to shorter sections of hard work.
W	4x15 minutes 5/5/5- SS/Drills/SS	Aerobic	Longer sections of continuous rowing.
Th	2x(2x500 on 500 off/paddle/ez) Warm up to the Dam, do one section to the finish line, one section back to the start and cool down home.	U1 Rates 22-26 (boat dependent) This should be done by sixes/eights or pairs/fours, boat dependent.	Getting used to shorter sections of hard work.
F	12k-14k of drills and SS	Aerobic	
S	Rest Day or Extra (erg, bike, run, swim) See supplemental erg for potential erg workouts.	Rest Day or Extra	Rest Day or Extra
Su	2x3 miles, first piece drills and warm up, second piece,	Aerobic-U1	More sustained SS press as fours sixes and eights.

	hard press by fours, sixes or eights. Can include drilling in first 2-3 sections boat dependent.		
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WEEKLY NOTES:

Starting to add in more continuous aerobic work, adding in opportunities for competitive shorter pieces on the course side by side.

Secondary Erg Workouts

Workout 1:

7'-10' w/u on own include drilling

2x20', 3' rest

4' @ 20, 1' @24 repeating

Workout 2:

15' w/u steady state for 10' @ 20 and then every minute increase

rate 22/24/26/28/30

4x500m with even rest rates 26-30

This is at 2k pace