

WEEKLY TRAINING PLAN

WEEK OF: May 1st -May 7th



Day	Workout	Pacing	Technical Focus
M	13-15k of steady state and drills	U2	Handle mechanics. Inside arm, outside arm, wide grip, quarter feather.
T	One loop of the lake, ss and drills or w/u 10' SS 3x21 6/5/4/3/2/1- 16/18/20/22/24/26 c/d 5' EZ	Water: U2-U1 Erg: 5k +4-20 Rate 16 will be +20 and then you can go down in split as the rates go up.	Timing. Pick Series, pausing.
W	6x2' or 500m (even rest) w/u to the course or 1k marker, c/d back to the dock Coaches can adjust number of pieces and rates are coaches' discretion, ideally race pace for each boat.	AT	Building intensity and holding on to technique as boat speed builds.
Th	15' w/u SS 2x5k(5'rest) rates are as follows 1. 2500@ 20 2500@ 22 2. 2500@ 22 2500@ 24 10' 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	20' w/u (10s, hard press) 1x2k piece (coaches discretion, ideally this can be done competitively in the squad with boats in lanes)	U1-AT	Building intensity and holding on to technique as boat speed builds.

	25' c/d back to boathouse from finish line		
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: 10 minutes SS, can include some drilling

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

C/D: stretch and roll out

*****W/U: 10' steady state, 5' of tens and builds**

5000m with rate changes every 1k, 22-24-22-24-26

C/D: 5' steady state then stretch and roll out

Pacing 5k+4-10 If you are at a 22 you can be around +10, at a 26 +4