

# WEEKLY TRAINING PLAN



WEEK OF: May 22<sup>nd</sup> -May 28<sup>th</sup>

Day	Workout	Pacing	Technical Focus
<b>M</b>	3x15' First piece drills and w/u then piece 2 and 3: 5/4/3/2/1 20/22/24/26/28	U2-U1	Handle mechanics. Inside arm, outside arm, wide grip, quarter feather.
<b>T</b>	One loop of the lake, ss and drills or  w/u 7' SS 4x12' 4/4/4 @ 18/20/22 c/d 5' EZ	Water: U2  Erg: 5k +14-20	Timing. Pick Series, pausing.
<b>W</b>	3x1000m or 3x4' (even rest) w/u to the course rates can be determined by coaches ideally race pace 30-34 c/d back to the dock  ***do all with a start	AT	Building intensity and holding on to technique as boat speed builds.
<b>Th</b>	10' w/u SS 2x25(5'rest) rates are as follows 5/5/5/5 18/20/22/20/18 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.
<b>F</b>	20' w/u (10s, hard press)  3x(3x1:40 on/:20' off)	AT	Incorporate starts into first 3-4, base race pace for 3, finishing minute for 3-4.

	10' c/d back to boathouse		
<b>S</b>	Rest Day or Extra (erg, bike, run, swim)  See supplemental erg for erg workouts.	Rest Day or Extra	Rest Day or Extra
<b>Su</b>	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  
 30' straight through, rates 20 for 4', 24 for 1' repeating  
 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'**  
**1k erg test piece**

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

**Pacing 1k goal pace**