

# WEEKLY TRAINING PLAN



WEEK OF: May 29<sup>th</sup>- June 4<sup>th</sup>

Day	Workout	Pacing	Technical Focus
<b>M</b>	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.
<b>T</b>	One loop of the lake, ss and drills or  w/u 7' SS 5x10'(2' rest) @ 5/5- 20/22 c/d 5' EZ	Water: U2  Erg: 5k +14-20	Timing. Pick Series, pausing.
<b>W</b>	6x500m or 6x2' (even rest) w/u to the course rates can be determined by coaches ideally race pace 30-34 c/d back to the dock  ***opportunity for switches	AT	Building intensity and holding on to technique as boat speed builds.
<b>Th</b>	10' w/u SS 4x15(2'rest) rates are as follows 5/4/3/2/1 @16/18/20/22/24  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)  Down and back on the course as 250 on/250 off. Rates determined by coach.  10' c/d back to boathouse	AT	Can incorporate starts if necessary.

<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: 5 minutes SS, can include some drilling

5x10' (2' rest) as 5/5 20/22

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' 10x250 (1' rest) or 1' on/ 1' off**

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

**Pacing faster than 1k test piece, rates can be anywhere 32-38, thinking start with high 20**