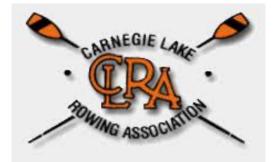
WEEKLY TRAINING PLAN



WEEK OF: May 29th- June 4th

Day	Workout	Pacing	Technical Focus
Μ	2x18' 15' w/u + 10' c/d	U2-U1	Handle mechanics. Inside arm, outside arm, wide
	5/4/3/2/1/1/1/1		grip, quarter feather.
Т	18/20/22/24/26/28/30/32 One loop of the lake, ss and drills or w/u 7' SS 5x10'(2' rest) @ 5/5- 20/22	Water: U2 Erg: 5k +14-20	Timing. Pick Series, pausing.
w	c/d 5' EZ 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.
Th	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.
F	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.

S	Rest Day or Extra (erg, bike, run, swim)	Rest Day or Extra	Rest Day or Extra
	See supplemental erg for erg workouts.		
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: 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