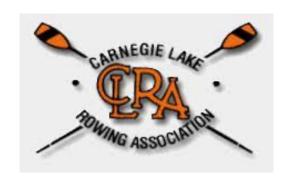
WEEKLY TRAINING PLAN



WEEK OF: May 8th -May 14th RACE CAMP

Day	Workout	Pacing	Technical Focus
Μ	13-15k of steady state and drills	U2	Drills for quickness, builds with 10s, teaching members about different slide progressions
	Warm up to the start line, practice starts and 10s/20s w/u 10' (Intro to the start on the erg/tanks) 4x15' 5/4/3/2/1 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 for a start (starts with pause every stroke/half slide progressions) ***Option to try first starts in the tank or erg and then head out to the water.
×	4x500m (even rest) w/u for 25' (include starts and 10s) c/d back to the dock Coaches can adjust pieces and rates are coaches' discretion, ideally race pace for each boat.	AT	Building intensity and holding on to technique as boat speed builds. Try to incorporate start/high strokes and a settle, using the pieces to practice this.
Th	10' w/u SS 3x4k(5'rest) rates are as follows Piece 1, 2k@18/2k@20 Piece 1, 2k@20/2k@22 Piece 1, 2k@22/2k@24 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.

F	20' w/u (10s, hard press) 3x1k or 3x4' rates should be 26- 32 (coaches discretion, ideally this can be done competitively in the squad with boats in lanes) 10' c/d back to boathouse from finish line	U1-AT	Extend the pieces from Wednesday to full length. Ideally each one is a start, high strokes and settle.
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

5x6', 1' rest, 3/3 rates 20/22 C/D: stretch and roll out

***W/U: 15' steady state, can include drilling or tank work 28' 7'@18, 6' @20, 5' @22, 4' @24, 3' @22, 2' @20, 1' @18

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

Pacing 5k+10-16