

WEEKLY TRAINING PLAN



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

| Day | Workout | Pacing | Technical Focus |
|-----------|--|--|---|
| M | 13-15k of steady state and drills | U2 | Drills for quickness, builds with 10s, teaching members about different slide progressions |
| T | 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. |
| W | 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. |

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|-----------|--|-------------------|--|
| F | <p>20' w/u (10s, hard press)</p> <p>3x1k or 3x4' rates should be 26-32 (coaches discretion, ideally this can be done competitively in the squad with boats in lanes)</p> <p>10' c/d back to boathouse from finish line</p> | U1-AT | Extend the pieces from Wednesday to full length. Ideally each one is a start, high strokes and settle. |
| S | <p>Rest Day or Extra (erg, bike, run, swim)</p> <p>See supplemental erg for erg workouts.</p> | 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