

WEEKLY TRAINING PLAN



WEEK OF: April 10th-April 16th

Day	Workout	Pacing	Technical Focus
M	10-12k of steady state and drills	U2	Handle mechanics. Inside arm, outside arm, wide grip, quarter feather.
T	5x10', 2' rest Mixed of drills and SS based on boat ability	U2	Timing. Pick Series, pausing.
W	6x2' w/2' rest Warm up for 15' minutes with drills. Then complete 2' sections by full boat or fours/sixes depending on boat ability. Rates can be 24-28. 10' cool down with drills and SS	AT	Building intensity and holding on to technique as boat speed builds.
Th	One loop if the lake (10k) drills, SS and 10s at coaches discretion in preparation for Friday pieces.	U2	Timing. Pick Series, pausing.
F	2x2000m w/5' rest or 2x9' w/5' rest W/U to the course drills/SS Piece 1: SS, 10s, building Piece 2: Hard press building each 500, 24/26/28/open ***Coaches discretion in how pieces are conducted based on boat ability.	AT	Building intensity and holding on to technique as boat speed builds.
S	Rest Day or Extra (erg, bike, run, swim)	Rest Day or Extra	Rest Day or Extra

	See supplemental erg for potential erg workouts.		
Su	2x20', 3' rest Rates 4/3/2/1 18/20/22/24	Aerobic	Drills for boats as needed.

WEEKLY NOTES:

Building on the water base and increasing intensity.

Secondary Erg Workouts:

W/U: 10 minutes SS, can include some drilling
3x3k, 4' rest, 1k@ 20/1k@ 22/ 1k@ 24
C/D: stretch and roll out

W/U: 15 minutes, first 10' as steady state, then increasing rate every 1' 20/22/24/26/28
1k piece at rate 24-26 (As fast as possible at these rates)
C/D: 10' steady state then stretch and roll out

Secondary Extra Workout Samples

Bike: 5x5' Big Gear Work (Low Cadence/Hills)

Warm up 10 min EZ,

Repeat 4 times Hard 1 min/ Easy 2 min

Repeat 5 times Hard 5 min/ Easy 2 min (these should be low cadence or find rolling hills outside)

Swim: 3x800

Warm Up: 400 EZ

3x800 as 600 Aerobic 200 pick-up (60 seconds rest)

Cool down:200 EZ

Run:

20-minute warmup

10x1 min hill sprints recover on downhill

