

WEEKLY TRAINING PLAN

WEEK OF: July 17th- July 23rd



Day	Workout	Pacing	Technical Focus
M	Warm up to top of the lake and then leap-frog @ just below race cadence 26-28 to big turn, short break and then continue to the boathouse. (If boatings allow, if not 20 strokes on, 20 strokes off)	U1	Body over/hands away pausing. Focus on cycling the hands out of bow
T	2x (4'/3'/2'/1'/2'/3'/4') with 3' rest as 18/20/22/24 and back down	Water: U2	Timing. Pick Series, pausing.
W	10x250 or 10x1' with 1'-90" rest First three off the start Second three as a base (build in) Third three as a finishing piece Last one your choice!	AT	Starts and speed work!
Th	4x11', 5/5/1-20/22/24 with 3' rest All pieces can include drills in first 5'	Water: U2	Timing. Pick Series, pausing.
F	6x1k or 4' (2'rest) as: 500@24, 500@26 (this can also be 2'/2')	AT	Race distance without race intensity.
S	Rest Day or Extra (erg, bike, run, swim) See supplemental erg for erg workouts.	Rest Day or Extra	Rest Day or Extra Erg
Su	One full loop of the lake with steady state and drills	U2	Drills for boats as needed.

WEEKLY NOTES:

Secondary Erg Workouts (The one designated * is required for the competitive group)**

Either complete missed workouts or

*****W/U: W/U 20' first 15' as SS last 5' build rate with last minute at 750m cadence (30-34)**

4x750m (or 3') with even rest 3'

C/D: 10'-20' steady state then stretch and roll out