

# WEEKLY TRAINING PLAN

WEEK OF: May 15<sup>th</sup> -May 21<sup>st</sup>



Day	Workout	Pacing	Technical Focus
<b>M</b>	13-15k of steady state and drills	U2	Handle mechanics. Inside arm, outside arm, wide grip, quarter feather.
<b>T</b>	One loop of the lake, ss and drills or  w/u 10' SS 4x8' 4/4 @ 20/22 c/d 5' EZ	Water: U2  Erg: 5k +14-20 Rate 16 will be +20 and then you can go down in split as the rates go up.	Timing. Pick Series, pausing.
<b>W</b>	6x2' or 6x500m (even rest) w/u to the course rates can be determined by coaches ideally race pace 30-34 c/d back to the dock  ***do at least two with a start	AT	Building intensity and holding on to technique as boat speed builds.
<b>Th</b>	10' w/u SS 2x5k(5'rest) rates are as follows Piece 1, 2k@18/2k@20/1k@22 Piece 2, 2k@20/2k@22/1k@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.
<b>F</b>	20' w/u (10s, hard press)  10x1' on/1' off  10' c/d back to boathouse from finish line	AT	Incorporate starts into first 3-4, base race pace for 3, finishing minute for 3-4.

<b>S</b>	Rest Day or Extra (erg, bike, run, swim)  See supplemental erg for erg workouts.	Rest Day or Extra	Rest Day or Extra
<b>Su</b>	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

2x3000m with 2' rest

C/D: 5' SS, stretch and roll out

**\*\*\*W/U: 15' steady state, can include drilling or tank work**

**6x500m with even rest (2:00 rest) rates are race pace for a 1k piece**

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

**Pacing 1k**