

Seniors	Juniors	Everyone
---------	---------	----------

		MON	TUE	WED	THU	FRI	SAT	SUN
		16/12/2019	17/12/2019	18/12/2019	19/12/2019	20/12/2019	21/12/2019	22/12/2019
B2	AM		Row: 14km Technique + 2 x 3km @ 22 Time trial reset with 4 min rest: Slower crews start first, faster crews later aim to not be passed		Row: 14km steady state	Row: 10km Technique/ steady state	Row: 16km Tech, then 3 x 19 min pyramid 4'@20, 3'@22, 2'@24, 1'@26...	
	PM	UNLOADING + 12km steady state Row		Row: 16km 7km tech + 2 x 3km race @ 28	Row: 10km 2km warmup, then power strokes 8 sets of 10 reps (rep is 30 stroke half the boat, 30 stroke other half boat, 10 strokes all boat) If bungy then 10 x 2 min pieces varied ratings from 18 - 26	Erg: 3 x 10 min @ Threshold 3 min rest		

		MON	TUE	WED	THU	FRI	SAT	SUN
		23/12/2019	24/12/2019	25/12/2019	26/12/2019	27/12/2019	28/12/2019	29/12/2019
R	AM	Technique Row	Row: 14km Technique + 1 x 6km @ 26 Time trial reset with 4 min rest: Slower crews start first, faster crews later aim to not be passed	CHRISTMAS	OWN TRAINING	OWN TRAINING	OWN TRAINING	
	PM	Row: 16km 7km tech + 3 x 11 min pyramid; 3' @ 22, 2'@24, 1'@ 26, ... maintain speed: 3 min rest						

		MON	TUE	WED	THU	FRI	SAT	SUN
		30/12/2019	31/12/2019	1/01/2020	2/01/2020	3/01/2020	4/01/2020	5/01/2020
B2		OWN TRAINING	OWN TRAINING	CAMP	CAMP	CAMP	Hawkes Bay	Hawkes Bay
					Row 1	Row 1	Regatta	Regatta
				Row 1	Row 2	Row 2		
				Row 2	Row 3	Boat Loading		