

R Recovery		MON	TUE	WED	THU	FRI	SAT	SUN
		17/02/2020	18/02/2020	19/02/2020	20/02/2020	21/02/2020	22/02/2020	23/02/2020
	AM		Row: 12km Technique + 2 x 8min; 2 min @ 20/22/24/26 with 4 min rest: Slower crews start first, faster crews later aim to not be passed		Row: 12km steady state		Row: 20km 8km warm up + 2 x (8 x 1min on: 1 min off @ 34 (race rate)	
	PM	Row: 14km 7km steady, then race pieces 4 x 250m From starts 4 x 500m rolling 4 x 250m rolling		Row: 16km 10 km Tech @ U3, then 3 x 19 min pyramid 4'@22, 3'@24, 2'@26, 1'@28	Row: 14km 2km warmup, then power strokes 10 sets of 10 reps (rep is 10 stroke half the boat, 10 stroke other half boat, 10 strokes all boat) If bungy then 10 x 3 min pieces varied ratings from 18 - 26	Erg: 3 x 15 min @ U3 2 min rest		

We start to do more speed work (Mon and Sat) where the middle of the week is more volume.

Focus should be getting as much distance per stroke at each rating and making sure you get faster for increase in rating.