

B2 Build 2		MON	TUE	WED	THU	FRI	SAT	SUN
		10/02/2020	11/02/2020	12/02/2020	13/02/2020	14/02/2020	15/02/2020	16/02/2020
	AM		Row: 12km Technique + 3 x 3km @ 24/26/28 Time trial reset with 4 min rest: Slower crews start first, faster crews later aim to not be passed		Row: 12km steady state		Whanganui Champs	Whanganui Champs
	PM	Row: 14km 7km steady, then race pieces  2 x 250m From starts 6 x 500m rolling 4 x 250m rolling		Row: 16km steady state	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	Row: 10km steady state include 2 x 3min pieces, 1 min @ 28, 1 min @ 30, 1 min @ 32		