

| B2 | | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|----|---|---|--|---|------------------------------------|---|------------|
| | | 16/03/2020 | 17/03/2020 | 18/03/2020 | 19/03/2020 | 20/03/2020 | 21/03/2020 | 22/03/2020 |
| | AM | | Row: 16km steady state with some fartlek pieces 30 strokes max | | Row: 14km steady state | | Row: 20km 8km warm up + 1 x 1250m: 1 x 1000m: 1 x 750m: 1 x 500m All full out races with 10 min rest between good warm down after | |
| | PM | Row: 10km steady state | | Row: 20km 8km warm up + 2 x 10 x 1min on: 1 min off @ 36 (race rate) | Row: 16km 10 km Tech @ U3, then 4 x 10 min ladder 4'@24, 3'@26, 2'@28, 1'@30 4 min rest | Erg: 2 x 20 min @ U3 2 min rest | | |
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| R/T | | MON | TUE | WED | THU | FRI | SAT | SUN |
| | | 23/03/2020 | 24/03/2020 | 25/03/2020 | 26/03/2020 | 27/03/2020 | 28/03/2020 | 29/03/2020 |
| | AM | | Row: 16km steady state | | | | | |
| | PM | Row: 16km steady state with some fartlek pieces 30 strokes max | | Row: 14km 7km steady, then race pieces 12 x 250m From starts 1 min rest between | | | | |