

The focus for the first week is to do continue the work on aerobic development and focus on moving the boat the maximum distance per stroke.

The second weeks the focus is still on aerobic development with some speed work added in on Monday when the crews are fresh, the rest of the week is still about aerobic work and moving the boat well.

The Friday erg should be done at U3 intensity using their latest 2km erg as a guide, these should be done at 20 spm. This can be caculated through the link below.

http://ubc.org.nz/Training/ZoneTraining.aspx								
B2		MON	TUE	WED	THU	FRI	SAT	SUN
		27/01/2020	28/01/2020	29/01/2020	30/01/2020	31/01/2020	1/02/2020	2/02/2020
	5:45am	North Island Champs			Row: 12km steady state		Row: 20km 10 km Tech @ U3, then 3 x 19 min pyramid 4'@22, 3'@24, 2'@26, 1'@28	
	4:15pm		Boat re-rig + 10km Light recovery row non-coached	Row: 14km 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	Erg: 3 x 15 min @ U3 2 min rest		

B2		MON	TUE	WED	THU	FRI	SAT	SUN
		3/02/2020	4/02/2020	5/02/2020	6/02/2020	7/02/2020	8/02/2020	9/02/2020
	5:45am		Row: 12km Technique + 3 x 3km @ 24/26/24 Time trial reset 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 + 6 x 8min/2km: 2min/500m @ 24, 26, 28, 30 rest 5 min	
	4:15pm	Row: 14km 7km steady, then race pieces 2 x 250m From starts 4 x 500m rolling 2 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	Erg: 2 x 20 min @ U3 2 min rest		