Build on the speed work, with 2000m erg test Friday

		MON 2/03/2020	TUE 3/03/2020	WED 4/03/2020	THU 5/03/2020	FRI 6/03/2020	SAT 7/03/2020	SUN 8/03/2020
B2 Build 2	**AM**		Row: 14km 7km tech + 3 x 11 min pyramid; 3' @ 22, 2'@24, 1'@ 26, ... maintain speed: 3 min rest		Row: 14km steady state		Row: 20km 8km warm up + 6 x 8min/2km: 2min/500m @ 24, 26, 28, 30 rest 5 min	
	PM	Row: 14km 7km steady, then race pieces 3 x 250m From starts 3 x 500m rolling 3 x 250m rolling		Row: 16km 3 x 12 min 22/24/22 change rating every 4 min	Erg: 2km Erg prep 1 x 750m @ race pace 10 min easy rowing 1 x 250m @ race pace good warm down	2km Erg		