	NZ Champs			Maadi Snr Maadi Jnr		Maadi Jnr	Ham Masters		Competitions	
Monday	1-Oct		20		25		25		29	
Tuesday	2-Oct									
Wednesday	3-Oct									
Thursday	4-Oct									
Friday	5-Oct									
Saturday	6-Oct									
Sunday	7-Oct									
Monday	8-Oct	19		23		23		28		
Tuesday	9-Oct									
Wednesday	10-Oct									
Thursday	11-Oct									
Friday	12-Oct									
Saturday	13-Oct									
Sunday	14-Oct									Tonks Small Boats Race
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Monday	15-Oct	18		22		22		27		
Tuesday	16-Oct					_				
Wednesday	17-Oct					$\vdash$		_		
Thursday	18-Oct					1		_		
Friday	19-Oct							1		
Saturday	20-Oct							1		
Sunday	21-Oct			H		+		-		
Sulluay	21-000							-		
Monday	22-Oct	17						26		
Tuesday	23-Oct							20		
Wednesday	24-Oct			H		-		-		
Thursday	25-Oct							-		
								-		
Friday	26-Oct							-		
Saturday	27-Oct							-	DOWN, Standy State	
Sunday	28-Oct							-	ROW: Steady State	
			2004 441 - 0.204 - 1.11		2001.441			-		
	20.0.	16	am ROW: 14km @ 20 technique focus	21	am ROW: 14km @ 20 technique focus	21	pm: Row	25		
Monday	29-Oct	·	pm: WEIGHTS (3 x 10)		pm: WEIGHTS (3 x 10)		·	_		
Tuesday	30-Oct		pm: Erg: 2 x 20 min @ 18		pm: Erg: 2 x 20 min @ 18	₽		_		
Wednesday	31-Oct					_	pm: Row	_		
1			am ROW: 16km include 1 x 19 min Pyramid		am ROW: 16km include 1 x 19 min Pyramid					
			pm :ERG: 30 mins then		pm :ERG: 30 mins then					
Thursday	1-Nov		WEIGHTS (3 x 10)	Ш	WEIGHTS (3 x 10)	Ш				
Friday	2-Nov		RUN: 40 mins or cross train		RUN: 40 mins or cross train	Ш		_		
Saturday	3-Nov		ROW: Steady State	Ш	ROW: Steady State	Ш	ROW: Steady State			Norton Cup ?
Sunday	4-Nov		OFF	Ш	OFF		OFF			
		15	am ROW: 14km @ 20 technique focus	20	am ROW: 14km @ 20 technique focus	20	pm: Row	24		
Monday	5-Nov		pm: WEIGHTS (4 x 10)	ا ''	pm: WEIGHTS (4 x 10)	20	- pill. Now	-7		
Tuesday	6-Nov	_	pm: Erg: 3 x 15 min @ 18		pm: Erg: 3 x 15 min @ 18					
Wednesday	7-Nov	<u> </u>					pm: Row			
			am ROW: 16km include 1 x 30 min Castle		am ROW: 16km include 1 x 30 min Castle			I		
			pm :ERG: 30 mins then		pm :ERG: 30 mins then					
Thursday	8-Nov		WEIGHTS (4 x 10)		WEIGHTS (4 x 10)					
Friday	9-Nov		RUN: 40 mins or cross train		RUN: 40 mins or cross train					
Saturday	10-Nov		ROW: Steady State		ROW: Steady State		ROW: Steady State			
Sunday	11-Nov	_	OFF		OFF		OFF			
				ı				T		
		لــــــــــــــــــــــــــــــــــــــ				-				

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Testing	Monday	12 Nov	14	am ROW: 14km @ 20 technique focus	19	am ROW: 14km @ 20 technique focus	19	pm: Row	23		
Decoding   1-8 not   1-8							H		H		
Principle   1				piii. Eig. 2 x 30 iiiiii @ 18	╂	piii. Eig. 2 x 30 iiiiii @ 18	H	nm: Pow	H		
Part	vvcuricsday	14 1404		am ROW: 16km include 1 x 8 km @ 26		am ROW: 16km include 1 x 8 km @ 26	$\blacksquare$	pm. now			
The content   1-8 Arc											
Table	Thursday	15-Nov									
Description   1 Prop							H		H		
Marcadary   15 km							H	ROW: Steady State			
Survey   18 km   18	Saturday	17 1101					H				Whanganui 10 000
Money   19-ho   19-h	Sunday	18-Nov		OFF		OFF		OFF			
Name	January	20					1				15 km kace in eights of small boats
Monday   13-96   3				am ROW: 14km @ 20 technique focus	1 1	am ROW: 14km @ 20 technique focus	1 1				
Transfer   73-100	Monday	19-Nov	13		18		18	pm: Row	22		
Variety   Vari							H				
Turndry   27 Nov   Progress 3 min Stem   P				pm. Erg. 2 × 20 mm @ 10		pini. Erg. 2 × 20 min @ 10	H	nm: Row			
Purceion	veariesday	21 1101		am ROW: 16km include 2 x 19min Pyramid		am ROW: 16km include 2 x 19min Pyramid	H	pm. now			
Trunch   1											
Ender   Company   Compan	Thursday	22-Nov									
Race - Waltara   Race							H	Load Boats		Load Boats	
Race - Waltara   Race		23 1400		Loud Dodis		Loud Dodis		Lodd Dodts	H	-Loud Bodis	Johns Trophy
Saturday   2-8-Nov   2-8				Race - Waitara		Race - Waitara		Race - Waitara		Race - Waitara ???	
Sunday   2-5-Nov   12   37   37   37   37   37   37   37   3	Saturday	24-Nov		Nacc Waltura		Nacc Waltara		Nuce Waltara		Nace Waltara	_
Monday   28-Nov   12   13   13   13   13   13   13   13									H		14400 04411
Tuesday   27-Nov	Sanday	23 1101					1				
Tuesday   27-Nov	Monday	26-Nov	12		17		17		21		
Necessary   28-Nov					/		/				
Thursday   29-Nov											
Friday   3-0-Nov											
Saturday   1-Dec   Saturday   1-Dec   Saturday   2-Dec   Saturday   2-Dec   Saturday   3-Dec   Saturday											
Saturday	,	55									Jury Cup Regatta
Saturday   3-Dec											
Sunday   2-Dec	Saturday	1-Dec									=
Sunday   2-Dec	, ,						1				
Monday   3-Dec   1	Sunday	2-Dec									
Tuesday	,										
Tuesday	Monday	3-Dec	11		16		16		20		
Wednesday   S-Dec											
Thursday   6-Dec   Friday   7-Dec   Friday   7-Dec   Friday   8-Dec   Fr											
Friday         7-Dec           Saturday         8-Dec           Sunday         9-Dec           Monday         10-Dec           10-Dec         10           Mednesday         11-Dec           Wednesday         12-Dec           Thursday         13-Dec           Friday         14-Dec           Saturday         15-Dec           Sunday         16-Dec           Monday         17-Dec           Jack         14-Dec           Sunday         16-Dec           Sunday         16-Dec           Monday         17-Dec           Monday         17-Dec           Monday         17-Dec           Wednesday         18-Dec           Wednesday         19-Dec           Thursday         20-Dec           Friday         21-Dec           Saturday         22-Dec           Saturday         22-Dec           Saturday         22-Dec           Saturday         22-Dec											
Saturday         8-Dec         6         7         7         7         7         7         7         7         7         7         7         7         8         8         9         8         9         8         9 <t< td=""><td>Friday</td><td>7-Dec</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Friday	7-Dec									
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Tuesday   11-De	Monday	10-Dec	10		15		15		19		
Thursday   13-Dec   14-Dec   15-Dec   15-Dec   16-Dec	Tuesday	11-Dec									
Friday   14-Dec	Wednesday	12-Dec									
Saturday         15-Dec         Saturday         15-Dec         Saturday         15-Dec         Saturday         16-Dec         Saturday         16-Dec         Saturday         16-Dec         Saturday         16-Dec         Saturday         16-Dec         Saturday         17-Dec         9         18         Saturday         18         Saturday         Saturday         19-Dec         Saturday         Saturday         19-Dec         Saturday         Saturday </td <td>Thursday</td> <td>13-Dec</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>Travel</td>	Thursday	13-Dec									Travel
Saturday 15-Dec 2000 metre regatta - heats and file Sunday 16-Dec 2000 metre regatta - heats and file Sunday 17-Dec 9 14 14 18 18 18 18 19-Dec 2000 metre regatta - heats and file Sunday 19-Dec 2000 metre regatta - heats and file Sunday 20-Dec 2000 metre regatta - heats and file Sunday 19-Dec 2000 metre regatta - heats and file Sunday 19-Dec 2000 metre regatta - heats and file Sunday 19-Dec 2000 metre regatta - heats and file Sunday 19-Dec 2000 metre regatta - heats and file Sunday 19-Dec 2000 metre regatta - heats and file Sunday 19-Dec 2000 metre regatta - heats and file Sunday 20-Dec 2000 metre regatta - heats and file Sunday 20-Dec 2000 metre regatta - heats and file Sunday 2000 metre regatta - heats	Friday	14-Dec									Ymas Pogatta
Sunday         16-Dec         6-Dec         6-Dec         6-Dec         6-Dec         6-Dec         6-Dec         7-Dec         9-Dec         14-Dec         14-Dec         18-Dec	Saturday	15-Dec									
Tuesday         18-Dec           Wednesday         19-Dec           Thursday         20-Dec           Friday         21-Dec           Saturday         22-Dec	Sunday	16-Dec									2000 mene regatta - neats and imais
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Friday 21-Dec Saturday 22-Dec											
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	Friday										
Sunday 23-Dec Sunday 23-Dec Sunday 23-Dec Sunday 23-Dec Sunday Su	Saturday										
	Sunday	23-Dec									

Manday	24-Dec		42	42	4-	7	
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Tuesday	25-Dec						
Wednesday	26-Dec						
Thursday	27-Dec						
Friday	28-Dec						
Saturday	29-Dec						
Sunday	30-Dec						
Monday	31-Dec		12	12	16	6	
Tuesday	1-Jan	7					
Wednesday	2-Jan						
Thursday	3-Jan						
Friday	4-Jan						
Saturday	5-Jan						Hawkes Bay
Sunday	6-Jan						1200 metre regatta - heats and finals
Juliauy	0 3411						
Monday	7-Jan		11	11	15		
		6	11		15	5	
Tuesday	8-Jan	ь					
Wednesday	9-Jan						
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Wednesday	16-Jan						
Thursday	17-Jan						
							Travel
Friday	18-Jan						Travel Blue Lakes Regatta
Friday Saturday	18-Jan 19-Jan						Blue Lakes Regatta
Friday	18-Jan						
Friday Saturday Sunday	18-Jan 19-Jan 20-Jan	4					Blue Lakes Regatta
Friday Saturday Sunday Monday	18-Jan 19-Jan 20-Jan 21-Jan	4	9	9	13		Blue Lakes Regatta
Friday Saturday Sunday Monday Tuesday	18-Jan 19-Jan 20-Jan 21-Jan 22-Jan	4	9	9	13		Blue Lakes Regatta
Friday Saturday Sunday Monday Tuesday Wednesday	18-Jan 19-Jan 20-Jan 21-Jan 22-Jan 23-Jan	4	9	9	13	3	Blue Lakes Regatta 1200 metre regatta - divisions
Friday Saturday Sunday Monday Tuesday	18-Jan 19-Jan 20-Jan 21-Jan 22-Jan 23-Jan 24-Jan		9	9	13	3	Blue Lakes Regatta
Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday	18-Jan 19-Jan 20-Jan 21-Jan 22-Jan 23-Jan 24-Jan 25-Jan		9	9	13	3	Blue Lakes Regatta 1200 metre regatta - divisions  Travel
Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday	18-Jan 19-Jan 20-Jan 21-Jan 22-Jan 23-Jan 24-Jan 25-Jan 26-Jan		9	9	13	3	Blue Lakes Regatta 1200 metre regatta - divisions  Travel Cambridge Town Cup
Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday	18-Jan 19-Jan 20-Jan 21-Jan 22-Jan 23-Jan 24-Jan 25-Jan		9	9	13	3	Blue Lakes Regatta 1200 metre regatta - divisions  Travel
Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday	18-Jan 19-Jan 20-Jan 21-Jan 22-Jan 23-Jan 24-Jan 25-Jan 26-Jan			9		3	Blue Lakes Regatta 1200 metre regatta - divisions  Travel Cambridge Town Cup
Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday	18-Jan 19-Jan 20-Jan 21-Jan 22-Jan 23-Jan 24-Jan 25-Jan 26-Jan		9	9		3	Blue Lakes Regatta 1200 metre regatta - divisions  Travel Cambridge Town Cup
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Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday Sunday Tuesday Friday Saturday Saturday	18-Jan 19-Jan 20-Jan 21-Jan 22-Jan 23-Jan 24-Jan 25-Jan 26-Jan 27-Jan 29-Jan 30-Jan 31-Jan 1-Feb	3				3	Blue Lakes Regatta 1200 metre regatta - divisions  Travel Cambridge Town Cup
Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday	18-Jan 19-Jan 20-Jan 21-Jan 22-Jan 23-Jan 24-Jan 25-Jan 26-Jan 27-Jan 28-Jan 30-Jan 31-Jan	3				3	Blue Lakes Regatta 1200 metre regatta - divisions  Travel Cambridge Town Cup
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Friday Saturday Sunday  Monday Tuesday Wednesday Thursday Friday Saturday Monday Tuesday Wednesday Thursday Friday Sunday  Monday Tuesday Saturday Saturday Friday Saturday Friday Saturday Friday Saturday Friday Sunday  Monday Tuesday Wednesday Thursday Friday Friday Friday Friday Friday Friday	18-Jan 19-Jan 20-Jan 21-Jan 22-Jan 23-Jan 24-Jan 25-Jan 26-Jan 27-Jan 29-Jan 30-Jan 31-Jan 1-Feb 2-Feb 3-Feb 5-Feb 6-Feb 7-Feb 8-Feb	3 2 2	8	8	12	2	Blue Lakes Regatta 1200 metre regatta - divisions  Travel  Cambridge Town Cup 2000 metre regatta - heats and finals
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Wednesday	20-Feb				
Thursday	21-Feb				NZ Club Champs
Friday	22-Feb				2000 metre regatta - heats and finals
Saturday	23-Feb				
Sunday	24-Feb				
Monday	25-Feb	4	4	8	
Tuesday	26-Feb				
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Monday	4-Mar	3	3	7	
Tuesday	5-Mar				
Wednesday	6-Mar				
Thursday	7-Mar				Travel
					ITavei
Friday	8-Mar				NI Secondary School Champs
Saturday	9-Mar				NI Secondary School Champs 2000 metre regatta - heats and finals
					NI Secondary School Champs 2000 metre regatta - heats and finals
Saturday Sunday	9-Mar 10-Mar				
Saturday Sunday Monday	9-Mar 10-Mar 11-Mar	2	2	6	
Saturday Sunday Monday Tuesday	9-Mar 10-Mar 11-Mar 12-Mar	2	2	6	
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Saturday Sunday Monday Tuesday Wednesday Thursday	9-Mar 10-Mar 11-Mar 12-Mar 13-Mar 14-Mar		2	6	
Saturday Sunday Monday Tuesday Wednesday Thursday	9-Mar 10-Mar 11-Mar 12-Mar 13-Mar 14-Mar		2	6	
Saturday Sunday Monday Tuesday Wednesday	9-Mar 10-Mar 11-Mar 12-Mar 13-Mar		2	6	
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Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday Sunday Monday Tuesday Wednesday Truesday Wednesday Thursday Saturday Saturday Saturday Saturday	9-Mar 10-Mar 11-Mar 12-Mar 13-Mar 14-Mar 15-Mar 16-Mar 17-Mar 20-Mar 21-Mar 22-Mar 23-Mar 24-Mar			5	
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Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday Sunday Monday Tuesday Wednesday Thursday Sunday Monday Thursday Friday Saturday Saturday Saturday Sunday Thursday Friday Saturday Sunday	9-Mar 10-Mar 11-Mar 12-Mar 13-Mar 14-Mar 15-Mar 16-Mar 17-Mar 20-Mar 21-Mar 22-Mar 24-Mar 25-Mar 26-Mar			5	2000 metre regatta - heats and finals
Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday Sunday Monday Truesday Friday Saturday Sunday Friday Sunday Wednesday Thursday	9-Mar 10-Mar 11-Mar 12-Mar 13-Mar 14-Mar 15-Mar 16-Mar 17-Mar 20-Mar 21-Mar 22-Mar 23-Mar 24-Mar 25-Mar 26-Mar 27-Mar			5	2000 metre regatta - heats and finals
Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday Sunday Tuesday Wednesday Triday Saturday Sunday Friday Saturday Sunday Tuesday Thursday Tuesday Thursday	9-Mar 10-Mar 11-Mar 12-Mar 13-Mar 14-Mar 15-Mar 16-Mar 17-Mar 20-Mar 21-Mar 22-Mar 22-Mar 23-Mar 24-Mar 25-Mar 26-Mar 27-Mar 28-Mar			5	2000 metre regatta - heats and finals  Travel and set up  Nz Secondary School Champs (Maadi)
Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday Sunday Monday Truesday Friday Saturday Sunday Friday Sunday Wednesday Thursday	9-Mar 10-Mar 11-Mar 12-Mar 13-Mar 14-Mar 15-Mar 16-Mar 17-Mar 20-Mar 21-Mar 22-Mar 23-Mar 24-Mar 25-Mar 26-Mar 27-Mar			5	2000 metre regatta - heats and finals
Saturday Sunday Monday Tuesday Wednesday Thursday Friday Saturday Sunday Monday Tuesday Wednesday Thursday Friday Sunday Tuesday Wednesday Triday Saturday Sunday Friday Saturday Sunday Tuesday Thursday Tuesday Thursday	9-Mar 10-Mar 11-Mar 12-Mar 13-Mar 14-Mar 15-Mar 16-Mar 17-Mar 20-Mar 21-Mar 22-Mar 22-Mar 23-Mar 24-Mar 25-Mar 26-Mar 27-Mar 28-Mar			5	Travel and set up  Nz Secondary School Champs (Maadi)
Saturday Sunday Monday Tuesday Wednesday Friday Saturday Monday Tuesday Wednesday Monday Tuesday Wednesday Friday Saturday Sunday Friday Saturday Sunday Friday Saturday Sunday Friday Saturday Saturday Friday Saturday Tuesday Wednesday Thursday Friday Saturday Saturday	9-Mar 10-Mar 11-Mar 12-Mar 13-Mar 14-Mar 15-Mar 16-Mar 17-Mar 20-Mar 21-Mar 22-Mar 24-Mar 24-Mar 25-Mar 26-Mar 27-Mar 29-Mar 30-Mar			5	2000 metre regatta - heats and finals  Travel and set up  Nz Secondary School Champs (Maadi)
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Tuesday         16-Apr         Investage         Inv						
Wednesday         17-Apr           Thursday         18-Apr           Friday         19-Apr           Saturday         20-Apr           Sunday         21-Apr           Wednesday         22-Apr           Tuesday         23-Apr           Wednesday         24-Apr           Thursday         25-Apr           Friday         26-Apr           Friday         27-Apr           Legion Masters Regatta           Saturday         27-Apr	Monday	15-Apr			1	
Thursday   18-Apr	Tuesday	16-Apr				
Friday   19-Apr	Wednesday	17-Apr				
Saturday       20-Apr	Thursday	18-Apr				
Sunday         21-Apr	Friday	19-Apr				
Monday   22-Apr	Saturday	20-Apr				
Tuesday 23-Apr	Sunday	21-Apr				
Tuesday 23-Apr						
Wednesday 24-Apr   Thursday 25-Apr   Friday 26-Apr   Saturday 27-Apr     Legion Masters Regatta   2000 metre regatta - divisions	Monday	22-Apr				
Thursday 25-Apr Friday 26-Apr Saturday 27-Apr Thursday 25-Apr Saturday 27-Apr	Tuesday	23-Apr				
Friday 26-Apr travel  Saturday 27-Apr travel Legion Masters Regatta 2000 metre regatta - divisions	Wednesday	24-Apr				
Legion Masters Regatta Saturday 27-Apr 2000 metre regatta - divisions	Thursday	25-Apr				
Saturday 27-Apr 2000 metre regatta - divisions	Friday	26-Apr				
	Saturday	27-Apr				Legion Masters Regatta 2000 metre regatta - divisions
	Sunday	28-Apr				

General Preparation - Focusing on:	Specific Preparation - Focusing on:	Competiton Preparation - Focusing on	Taper period
Aerobic Endurance	Anaeorobic Threshold	Race Specific Skills	Focusing on being in best condition for best race
Technique and Efficiency	Speed Endurance	Maintenance of Key Compentents:	
		Anaerobic Threshold	
Strength	Anaerobic Capacity	Aerobic Endurance	
		Speed Endurance	