

**Be prepared for the weekend so make sure you are hydrating well right through the week as well as getting good sleep.
What you do at the start of the week will have just as much impact on the weekend as recovering and fueling over the weekend.**

R Recovery		MON	TUE	WED	THU	FRI	SAT	SUN
		1/01/1900	2/01/1900	3/01/1900	4/01/1900	5/01/1900	6/01/1900	7/01/1900
	AM		Row: 16km steady state			NISS	NISS	NISS
	PM	Row: 14km 7km steady, then race pieces 4 x 250m From starts 4 x 500m rolling 4 x 250m rolling		10 km Steady state include pieces 10 -20 strokes at race rhythm on the way home, max of 6 pieces Then BOAT LOADING				