

NZ Champs			Maadi Snr			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	
Monday	15-Oct	18		22		22		27				
Tuesday	16-Oct											
Wednesday	17-Oct											
Thursday	18-Oct											
Friday	19-Oct											
Saturday	20-Oct											
Sunday	21-Oct											
Monday	22-Oct	17						26				
Tuesday	23-Oct											
Wednesday	24-Oct											
Thursday	25-Oct											
Friday	26-Oct											
Saturday	27-Oct											
Sunday	28-Oct								ROW: Steady State			
Monday	29-Oct	16	am ROW: 14km @ 20 technique focus pm: WEIGHTS (3 x 10)	21	am ROW: 14km @ 20 technique focus pm: WEIGHTS (3 x 10)	21	pm: Row	25				
Tuesday	30-Oct		pm: Erg: 2 x 20 min @ 18		pm: Erg: 2 x 20 min @ 18							
Wednesday	31-Oct						pm: Row					
			am ROW: 16km include 1 x 19 min Pyramid pm :ERG: 30 mins then WEIGHTS (3 x 10)		am ROW: 16km include 1 x 19 min Pyramid pm :ERG: 30 mins then WEIGHTS (3 x 10)							
Thursday	1-Nov											
Friday	2-Nov		RUN: 40 mins or cross train		RUN: 40 mins or cross train							
Saturday	3-Nov		ROW: Steady State		ROW: Steady State		ROW: Steady State				Norton Cup ?	
Sunday	4-Nov		OFF		OFF		OFF					
Monday	5-Nov	15	am ROW: 14km @ 20 technique focus pm: WEIGHTS (4 x 10)	20	am ROW: 14km @ 20 technique focus pm: WEIGHTS (4 x 10)	20	pm: Row	24				
Tuesday	6-Nov		pm: Erg: 3 x 15 min @ 18		pm: Erg: 3 x 15 min @ 18							
Wednesday	7-Nov						pm: Row					
			am ROW: 16km include 1 x 30 min Castle pm :ERG: 30 mins then WEIGHTS (4 x 10)		am ROW: 16km include 1 x 30 min Castle pm :ERG: 30 mins then WEIGHTS (4 x 10)							
Thursday	8-Nov											
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					

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Monday	1-Apr						3		
Tuesday	2-Apr								
Wednesday	3-Apr								
Thursday	4-Apr								
Friday	5-Apr								
Saturday	6-Apr								
Sunday	7-Apr								
Monday	8-Apr						2		
Tuesday	9-Apr								
Wednesday	10-Apr								
Thursday	11-Apr								
Friday	12-Apr								
Saturday	13-Apr								
Sunday	14-Apr								
Monday	15-Apr						1		
Tuesday	16-Apr								
Wednesday	17-Apr								
Thursday	18-Apr								
Friday	19-Apr								
Saturday	20-Apr								
Sunday	21-Apr								
Monday	22-Apr								
Tuesday	23-Apr								
Wednesday	24-Apr								
Thursday	25-Apr								
Friday	26-Apr								travel
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:	
Strength	Anaerobic Capacity	Anaerobic Threshold	
		Aerobic Endurance	
		Speed Endurance	