

R		MON	TUE	WED	THU	FRI	SAT	SUN
		20/01/2020	21/01/2020	22/01/2020	23/01/2020	24/01/2020	25/01/2020	26/01/2020
	5:45am		Row: 14km Technique + 1 x 4km @ 24 Time trial Slower crews start first, faster crews later aim to not be passed		Row: 14km steady state	North Island Champs	North Island Champs	North Island Champs
	4:15pm	Seniors Erg: 2km good warm down after, 6km row or 15 min erg @ U3 Juniors: Row: 10km		Row: 14km 7km steady, then race pieces 2 x 250m From starts 4 x 500m rolling 2 x 250m rolling	Boat Loading:			

This is a light week in terms of rowing Km's but there is some intensity in there with the 2km erg tonight and the race pieces on Wednesday which will set everyone up well for the weekend. The key thing that everyone need to focus on this week is recovering well so after the erg and race pieces doing a good warm down, this is a minimum of 10 min steady state rowing, eating, hydrating and most importantly sleeping.