

If the water is not good we will do the same training on the erg when doing the pieces.

Main thing is to make sure that as ratings increase the boat goes faster and focusing on keeping the length. We need to make that we are driving the legs.

For Fridays erg there are some race pieces in preperation for the 2ks next week, but the key thing is to make sure we do a good warmup and warmdown.

		MON	TUE	WED	THU	FRI	SAT	SUN
		24/02/2020	25/02/2020	26/02/2020	27/02/2020	28/02/2020	29/02/2020	1/03/2020
B1 Build 1	AM		Row: 12km Technique + 2 x 8min; 2 min @ 22/24/26/28 with 4 min rest: Slower crews start first, faster crews later aim to not be passed		Row: 14km steady state		Row: 20km 8km warm up + 2 x 10 x 1min on: 1 min off @ 34 (race rate)	
	PM	Row: 14km 7km steady, then race pieces 2 x 500m From starts 2 x 750m rolling 2 x 250m rolling		Row: 16km steady state	Row: 16km 10 km Tech @ U3, then 4 x 10 min ladder 4'@24, 3'@26, 2'@28, 1'@30 4 min rest	Erg: warmup:1 x 20 min @ U3: then 1 x 1250m @ 2km pace: 3 min rest 1 x 500m @ 2km pace warmdown: 1 x 15 min @ U3		