

| ROWER | Total T | VENUE | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | | Distance | | |
|--------------------|---------|--------|---|---|---|---|--|---|---|--------------------------------|---|--|---|--|-------------|--|----------|------|---|
| | | | 18 November | | 19 November | | 20 November | | 21 November | | 22 November | | 23 November | | 24 November | | Row | Ergo | |
| Senior Elite / 1x | | | Weeks to World Champs | 7h00 Stretch & Activation 7h30 Ergo -80min 1x30min @20rpm | 7h00 Stretch & Activation 7h30 Rowing 18km Steady state | 7h00 Stretch & Activation 7h30 Rowing / Ergo 4x200m (22/24/26/28) | 7h00 Stretch & Activation 7h30 Rowing 18km Steady state | Test Period begins (22-28 Nov) | | Test Period begins (22-28 Nov) | | Test Period begins (22-28 Nov) | | | | | | | |
| Aerobic 20/m | 0 | | | | | | | | | | | | | | | | | | |
| Aerobic T 24/m | 0 | | | | | | | | | | | | | | | | | | |
| Anerobic T 26-30/m | 0 | | | | | | | | | | | | | | | | | | |
| Sprint Max | 0 | | | | | | | | | | | | | | | | | | |
| Vo2 Max 30-32 | 0 | | | 11h30 Gym Strength | 11h30 Gym Strength | 11h30 Gym Strength | 11h30 Gym Strength | | | Own training | | Own training | | Own training | | | | | |
| PS | 0 | | | | | | | | | | | | | | | | | | |
| Gym | 0 | | | | | | | | | | | | | | | | | | |
| Yoga/Stretching | 0 | | | | Run 10km | | | 120min Watt Bike | | | | | | | | | | | |
| Run | 0 | | | | | | | | | | | | | | | | | | |
| Cycle | 0 | | | | | | | | | | | | | | | | | | |
| Total week time | 0,00 | | | | | | | | | | | | | | | | | | |
| | | V Hard | | | | | | | | | | | | | | | | | |
| | | Hard | ◆ | | | | | ◆ | | | | | | | | | | | 0 |
| | | Med | | ◆ | | | | | ◆ | | | | | | | | | | 0 |
| | | Low | | | ◆ | ◆ | | | | ◆ | | | | | | | | | 0 |
| | | | | | | | | | | | | | | | | | | | 0 |
| | | | | Technical Warm up: <6km | | | | Row: 5min rest Strictly 2min rest | | | | Test Period indicates: 2000/5000m in 2 consecutive days followed by 6000m water assessment | | 24 hr rest between 5000m and 6000m water assessment | | | | | |
| ROWER | Total T | VENUE | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | | Distance | | |
| Senior Elite / 1x | | | 25 November | | 26 November | | 27 November | | 28 November | | 29 November | | 30 November | | 01 December | | Row | Ergo | |
| Aerobic 20/m | 0 | | Test Period begins (22-28 Nov) | | Test Period begins (22-28 Nov) | | Test Period begins (22-28 Nov) | | Test Period begins (22-28 Nov) | | OFF | | OFF | | OFF | | | | |
| Aerobic T 24/m | 0 | | | | | | | | | | | | | | | | | | |
| Anerobic T 26-30/m | 0 | | | | | | | | | | | | | | | | | | |
| Sprint Max | 0 | | | | | | | | | | | | | | | | | | |
| Vo2 Max 30-32 | 0 | | Own training | | Own training | | Own training | | Own training | | | | | | | | | | |
| PS | 0 | | | | | | | | | | | | | | | | | | |
| Gym | 0 | | | | | | | | | | | | | | | | | | |
| Yoga/Stretching | 0 | | | | | | | | | | | | | | | | | | |
| Run | 0 | | | | | | | | | | | | | | | | | | |
| Cycle | 0 | | | | | | | | | | | | | | | | | | |
| Total week time | 0,00 | | | | | | | | | | | | | | | | | | |
| | | V Hard | | | | | | | | | | | | | | | | | |
| | | Hard | | | | | | | | | | | | | | | | | 0 |
| | | Med | | | | | | | | | | | | | | | | | 0 |
| | | Low | | | | | | | | | | | | | | | | | 0 |
| | | | | | | | | | | | | | | | | | | | 0 |
| ROWER | Total T | VENUE | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | | Distance | | |
| Senior Elite / 1x | | | 02 December | | 03 December | | 04 December | | 05 December | | 06 December | | 07 December | | 08 December | | Row | Ergo | |
| Aerobic 20/m | 0 | | 7h00 Stretch & Activation 7h30 Ergo -80min 1x30min @20rpm | | 7h00 Stretch & Activation 7h30 Rowing 18km Steady state | | 7h00 Stretch & Activation 7h30 Rowing / Ergo 18km Steady state | | 7h00 Stretch & Activation 7h30 Rowing 18km Steady state | | 7h00 Stretch & Activation 7h30 Rowing 18km Steady state | | 7h00 Stretch & Activation 7h30 Ergo -90min 10x1000m @24, Rest: 2min | | OFF | | | | |
| Aerobic T 24/m | 0 | | | | | | | | | | | | | | | | | | |
| Anerobic T 26-30/m | 0 | | | | | | | | | | | | | | | | | | |
| Sprint Max | 0 | | | | | | | | | | | | | | | | | | |
| Vo2 Max 30-32 | 0 | | 11h30 Gym Strength | | 11h30 Gym Strength | | 11h30 Gym Strength | | 11h30 Gym Strength | | 11h30 Ergo 3x21min (18/20/22/20/24) | | | | | | | | |
| PS | 0 | | | | | | | | | | | | | | | | | | |
| Gym | 0 | | | | | | | | | | | | | | | | | | |
| Yoga/Stretching | 0 | | | | Run 10km | | | | 120min Watt Bike | | | | | | | | | | |
| Run | 0 | | | | | | | | | | | | | | | | | | |
| Cycle | 0 | | | | | | | | | | | | | | | | | | |
| Total week time | 0,00 | | | | | | | | | | | | | | | | | | |
| | | V Hard | | | | | | | | | | | | | | | | | |
| | | Hard | ◆ | | | | | | | | | | | | | | | | 0 |
| | | Med | | ◆ | | | | ◆ | ◆ | | | | | | | | | | 0 |
| | | Low | | | ◆ | ◆ | | | | ◆ | | ◆ | | | | | | | 0 |
| | | | | | | | | | | | | | | | | | | | 0 |
| | | | | Technical Warm up: <6km | | | | UT1: Change to 24 at 1km for 1min Strictly 2min rest | | | | Ergo: UT2 | | Threshold (TRI/AT) | | | | | |