



ROWER	Total T	VENUE	Date							Distance											
			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Row	Ergo										
			28 October	29 October	30 October	31 October	01 November	02 November	03 November												
Single Sculls (1x)																					
Aerobic 20/m	0	Weeks to World Champs	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	AM: 90min Watt Bike/Bike Erg	Gauteng Championships	Gauteng Championships	Gauteng Championships												
Aerobic T 24/m	0		7h30 Ergo -80min	7h30 Rowing	7h30 Rowing		Format of Racing TBA	Format of Racing TBA	Format of Racing TBA												
Anerobic T 26-30/m	0		1x30min @20rpm	16km Steady state (1x) 16-18rpm	16km Steady state 16-18rpm																
Sprint Max	0																				
Vo2 Max 30-32	0		11h30 Stretch & Activation	12h00 Gym - Strength	11h30 Stretch & Activation																
PS	0		12h00 Rowing 90min		12h00 Ergo -90min (own time)																
Gym	0		Steady state (1x) 16-18rpm		6x 1000m@24, Rest: 2min																
Yoga/Stretching	0		16h00 Gym - Strength																		
Run	0																				
Cycle	0																				
Total week time	0,00																				
		V Hard	◆							◆		◆									
		Hard		◆	◆	◆	◆														
		Med	◆																		
		Low							◆												
			Technical Warm up: <6km	Row should include 5x1min on/off at race pace					Benchmark assesment	Benchmark assesment	Benchmark assesment										
			Row including RP bursts	Gym: Consider Load																	
			Gym: Consider Load																		
ROWER	Total T	VENUE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Distance											
Senior Elite / 1x			04 November	05 November	06 November	07 November	08 November	09 November	10 November	Row	Ergo										
Aerobic 20/m	0	Weeks to World Champs	OFF	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	90min Active												
Aerobic T 24/m	0			7h30 Rowing	7h30 Rowing / Ergo	7h30 Rowing	7h30 Rowing	7h30 Ergo -90min													
Anerobic T 26-30/m	0			16km Steady state (1x/2x)	8x2000m@20rpm, 1min @24rpm	18km Steady state	18km Steady state	10x1000m@24, Rest: 2min													
Sprint Max	0																				
Vo2 Max 30-32	0		11h30 Gym	11h30 Gym	11h30 Gym	11h30 Gym	11h30 Ergo														
PS	0		Strength	Strength	Strength	Strength	3x21min (18/20/22/20/24)														
Gym	0																				
Yoga/Stretching	0		OFF				Run 10km														
Run	0																				
Cycle	0																				
Total week time	0,00																				
		V Hard																			
		Hard	◆	◆	◆	◆	◆	◆	◆												
		Med																			
		Low																			
			Ergo - own time / Recovery row		UT1: Change to 24 at 1km for 1min Strictly 2min rest		Ergo: UT2	Threshold (TR/AT)	Alternative modification of training recommended												
ROWER	Total T	VENUE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Distance											
Senior Elite / 1x			11 November	12 November	13 November	14 November	15 November	16 November	17 November	Row	Ergo										
Aerobic 20/m	0	Weeks to World Champs	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	OFF												
Aerobic T 24/m	0		7h30 Ergo -80min	7h30 Rowing	7h30 Rowing / Ergo	7h30 Rowing	7h30 Rowing	7h30 Ergo -90min													
Anerobic T 26-30/m	0		1x30min @20rpm	18km Steady state	8x2000m@20rpm, 1min @24rpm	18km Steady state	18km Steady state	10x1000m@24, Rest: 2min													
Sprint Max	0																				
Vo2 Max 30-32	0		11h30 Gym	11h30 Gym	11h30 Gym	11h30 Gym	11h30 Ergo														
PS	0		Strength	Strength	Strength	Strength	3x21min (18/20/22/20/24)														
Gym	0																				
Yoga/Stretching	0			Run 10km																	
Run	0																				
Cycle	0																				
Total week time	0,00																				
		V Hard	◆																		
		Hard		◆	◆	◆	◆	◆	◆												
		Med																			
		Low																			
			Technical Warm up: <6km		UT1: Change to 24 at 1km for 1min Strictly 2min rest		Ergo: UT2	Threshold (TR/AT)													