

FOCUS:	00:00:00	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		04-Nov	05-Nov	06-Nov	07-Nov	08-Nov	09-Nov	10-Nov	
5 WEEKS to Boat Race regatta	Total time	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	
	1					Gym - Strength	Row 16km/90' S/S 18-22 RPE 14 - 16	Row WU 45' 1500 m x 3 CD 30' 24 / 28 (step @750) RPE 18 -20	
17 Weeks to SA Champs	2		Ergo Trials 5000m Max RPE 18-20	Row WU 20' 7 x 2000m Rest 2' CD 5' 20-22 RPE 16-18	Row 16km/90' S/S 18-22 RPE 14 - 16	Erg WU 10' 24min x 2 CD 10' 18 - 20 RPE 12	Ergo drop 1 split per 1 pip rate drop WU 15min 3min x 8 CD 10min 24 - 26 -28 RPE 16-18		
	FOCUS:	00:00:00	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 WEEKS to Boat Race regatta	Total time	00:00:00	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
	1	Gym - Strength			Gym - Strength	Row Row 16-18km 18-22 RPE 14 - 16	Gym - Strength	Row 16km/90' S/S 18-22 RPE 14 - 16	Run 10km RPE 14
16 Weeks to SA Champs	2	Row 16km/90' S/S 18-22 RPE 14 - 16	Ergo drop 1 split per 1 pip rate drop WU 15min 15min x 4 CD 10min 26 - 24-26 RPE 16-18	Row WU 20' 7 x 2000m Rest 2' CD 5' 20-22 RPE 16-18	Off	Erg WU 10' 24min x 2 CD 10' 18 - 20 RPE 12			
	FOCUS:	12:00:00	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 WEEKS to Boat Race regatta	Total time	02:00:00	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
	1	Gym - Strength			Gym - Strength		Gym - Strength	Row 16km/90' S/S 18-22 RPE 14 - 16	Run 10km RPE 14
15 Weeks to SA Champs	2	Row Row 16-18km S/S 18-22 RPE 14 - 16	Ergo drop 1 split per 1 pip rate drop WU 15min 15min x 4 CD 10min 26 - 24-26 RPE 16-18	Row WU 20' 7 x 2000m Rest 2' CD 5' 20-22 RPE 16-18	Row 16km/90' S/S S/S 18-22 RPE 14 - 16	Cycle <i>Recovery focus</i> 120min cycle RPE 12	Row 16km/90' S/S 18-22 RPE 14 - 16	Off	
	FOCUS:	09:00:00	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 WEEKS to Boat Race regatta	Total time	01:30:00	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	01-Dec
	1		Gym - Strength			Gym - Strength		Row 16-18km Mock boat Race x 2 RPE 18	
14 Weeks to SA Champs	2	Row 16-18km WU 10' 10-20-30-20-10 x6 CD 10' 20-22 RPE 14-16	Ergo drop 1 split per 1 pip rate drop WU 15min 15min x 4 CD 10min 26 - 24-26 RPE 16-18	Row 16-18km WU 10' 4 x 15min Rest 2' CD 5' 20-22 RPE 14-16	Row14-16km Starts, bursts	Erg +Stretch WU 10' 24min x 2 CD 10' 18 - 20 RPE 12	Row 16-18km 18-22 RPE 14 - 16	Off	
	FOCUS:	00:00:00	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 WEEKS to Boat Race regatta	Total time	00:00:00	02-Dec	03-Dec	04-Dec	05-Dec	06-Dec	07-Dec	08-Dec
	1								
13 Weeks to SA Champs	2								Off

1. Register: <https://rowsa.co.za/national-squad/> - Before 30 Nov
2. 5000m ergo score before 30 Nov

3. 2000m ergo score before 30 Jan
4. 2000m ergo score before 28 Feb

5. Athletes should participate in a small boats event at SA Schools' Champs