

ROWER Students/U23	Total Time	VENUE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Distance	
			28-Oct	29-Oct	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	Row	Ergo
Aerobic 20/m	600	Weeks to	7h30 Rowing - 16k	75 14h00 Rowing - 16k	140 7h30 Rowing - 16k	75 7h30 Rowing - 14k	70 Race 2000m - 14k	120 Race 2000m - 14k	120 Race 2000m - 14k	16	120
Aerobic T 24/m	0	World	30/30' x4 x2 (RP/Max)	Steady - SR18	Steady - SR18	Steady - SR18				16	0
Anerobic T 26-30/m	0	Champs	R=5'	*Bursts/Starts	*Bursts/Starts	*Bursts/Starts				16	0
Sprint Max	38			4	6			14	14	16	0
Vo2 Max 30-32	0		12h30 Gym							14	0
PS	0									14	0
Gym	60			60						14	0
Yoga/Stretching	0				12h00 Core	OFF		Race 2000m - 14k	Race 2000m - 14k	14	0
Run	105								OFF	14	0
Cycle	0										0
Total week time	13.38		1								0
		V Hard								Row	120
		Hard	♦					♦	♦	Ergo	0
		Med		♦						Run	0
		Low			♦					Total	120
			Z1 - Z3	Z1 - Z3	Z1	Z1 - Z2	Z1, Z5	Z1, Z5	Z1, Z5		
			Z1				Z1, Z5	Z1, Z5			
Aerobic 20/m	580	Weeks to	7h30/8h00 Rowing - 16k	75 7h30/8h00 Rowing - 18k	90 7h30/8h00 Rowing - 20k	90 8h00 Gym	75 7h30/8h00 Rowing - 18k	90 7h30 Ergo - 18k (LC)	90 OFF	16	18
Aerobic T 24/m	7	World	Steady SR18	Steady SR18	7x2000m, 1min@24 R=2'	7	Steady SR18	3x15min SR 18/20/22, R=4'		18	18
Anerobic T 26-30/m	0	Champs			3km WU, 3km CD			3km WU, 3km CD		16	0
Sprint Max	0				OFF	13h00 Rowing - 16k	12h00 Core 60min		OFF	18	18
Vo2 Max 30-32	0		12h30 Gym	Cycke 90mins	OFF				OFF	18	0
PS	0									18	0
Gym	180			60			60		60	18	0
Yoga/Stretching	60			OFF	Run 10km	OFF	OFF	12h00 Gym	OFF	10	0
Run	60									10	0
Cycle	90				90						0
Total week time	16.28		2								0
		V Hard								Row	88
		Hard								Ergo	18
		Med	♦	♦	♦		♦	♦	♦	Run	10
		Low			♦					Total	116
			Z1	Z1	Z1 - Z3	Z2	Z1	Z1 - Z3			
			Z2	Z1		Z1		Z2			
Aerobic 20/m	580	Weeks to	7h30/8h00 Rowing - 18k	75 7h30/8h00 Rowing - 18k	90 7h30/8h00 Rowing - 20k	120 8h00 Gym	75 7h30/8h00 Rowing - 18k	90 7h30 Ergo - 18k (LC)	90 OFF	18	18
Aerobic T 24/m	7	World	Steady SR18	Steady SR18	7x2000m, 1min@24 R=2'	7	Steady SR18	3x15min SR 18/20/22, R=4'		18	18
Anerobic T 26-30/m	0	Champs			3km WU, 3km CD			3km WU, 3km CD		16	12
Sprint Max	0				OFF	13h00 Rowing - 16k	12h00 Core 60min NMc		OFF	18	18
Vo2 Max 30-32	0		12h30 Gym	Cycle 90min	OFF				OFF	18	0
PS	0									18	0
Gym	180			60			60		60	18	0
Yoga/Stretching	60			OFF	Ergo - 12km	OFF	Run 10km	12h00 Gym	OFF	10	0
Run	60				2 x 4000m @ 18					10	0
Cycle	100				90						0
Total week time	16.45		3								0
		V Hard								Row	90
		Hard								Ergo	30
		Med	♦	♦	♦		♦	♦	♦	Run	10
		Low			♦					Total	130
			Z1	Z1	Z1 - Z3	Z2	Z1	Z1 - Z3			
			Z2	Z1		Z1		Z2			