

ROWER Students/U23	Total Time	VENUE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Distance	
			18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	Row	Ergo
Aerobic 20/m	638	Weeks	8h00/8h30 Rowing - 18k	90 7h30/8h00 Rowing - 18k	90 7h30/8h00 Rowing - 20k	200 8h00 Gym	75 7h30/8h00 Rowing - 18k	90 7h30 Ergo - 19k (LC)	90 OFF	18	18
Aerobic T 24/m	49	to	Steady SR18	Steady SR18	7x2000m/8:30min, 1min@24	7	Steady SR18	7x1500m SR 24, R=4	42	18	14
Anerobic T 26-30/m	0	World			R=2			Last max effort..PACING!		20	16
Sprint Max	0	Champs			3km WU, 3km CD			4km WU, 4.5km CD		14	
Vo2 Max 30-32	0		12h30 Gym	Cycle 90min	OFF	13h00 Rowing - 14k	12h00 Core 60min NMc	12h00 Gym	OFF	18	
PS	0		0	60					60		19
Gym	180	0									
Yoga/Stretching	60		OFF	OFF	Ergo - 16k	OFF	Run 10km	60 OFF	OFF		Run
Run	60				2 x 20min SR 18/20/22/20		LIGHT				10
Cycle	120										
Total week time	18.4	4			3/4km WU, 3/4km CD						
			V Hard							Row	88
			Hard							Ergo	35
			Med							Run	10
			Low							Total	133
				Z1-Z2	Z1	Z1 - Z3	Z2	Z1	Z1 - Z4		
					Z1		Z1				
					Z1-Z2						
ROWER Students/U23	Total Time	VENUE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Distance	
			25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	Row	Ergo
Aerobic 20/m	758	Weeks	Trial Ergo week	Ergo	90 Row - 12km steady	6000M	135 6h15 Rowing - 18k	90 6h15/7h30 Water - 20k	90 OFF	0	12
Aerobic T 24/m	42	to	1 x 2000m max	1 x 5000m max	Recovery + race prep	Steady SR18	Steady SR18	7x1500m SR 24, R=4	42	14	20
Anerobic T 26-30/m	0	World						Last max effort		12	
Sprint Max	0	Champs						5km WU, 4.5km CD		18	
Vo2 Max 30-32	0		OFF	OFF	OFF	OFF	12h00 Core 60min	12h00 Gym	OFF	18	
PS	0		0						60		20
Gym	120	0									
Yoga/Stretching	60		Ergo 12km	OFF	OFF	OFF	OFF	60 OFF	OFF		Run
Run	120		Recovery + trial prep								10
Cycle	0										
Total week time	18.33	5									
			V Hard							Row	94
			Hard							Ergo	38
			Med							Run	10
			Low							Total	142
				Z1, Z5	Z1, Z5	Z1, Z5	Z1-Z2	Z1	Z1 - Z3		
				Z1							
ROWER Students/U23	Total Time	VENUE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Distance	
			2-Dec	3-Dec	4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	Row	Ergo
Aerobic 20/m	893	Weeks	6h15 Rowing - 20k	110 6h15 Rowing - 18k	160 6h15 Rowing - 18k	180 6h15 Rowing - 18k	90 6h15 Rowing - 18k	90 7h30 Ergo - 20k	180 OFF	20	20
Aerobic T 24/m	42	to	Steady SR18	Steady SR18	5x1500m @24, Rest: 4min	Steady SR18	Steady SR18	7x1500m SR 24, R=4	42	18	16
Anerobic T 26-30/m	0	World			Last 24/26/28, max effort			Last max effort		16	18
Sprint Max	0	Champs						5km WU, 4.5km CD		18	
Vo2 Max 30-32	0		12h00 Gym	11h30- 13h30- 90min cycle	OFF	11h30 Gym	12h00 Core 60min	12h00 Gym	OFF	16	
PS	0		0	60			Online		60		18
Gym	180	0									16
Yoga/Stretching	60		16h30 Run 10km	OFF	16h30 Rowing - 16k	OFF	16h30 Run 10km	60 16h00 Rowing - 16k	OFF		Run
Run	120		Steady		Steady SR18		Steady	60 Steady SR18			10
Cycle	120										10
Total week time	23.58	6									
			V Hard							Row	122
			Hard							Ergo	20
			Med							Run	20
			Low							Total	162
				Z1-Z2	Z1-Z2	Z1 - Z4	Z1-Z2	Z1-Z2	Z1 - Z4	Z1	
				Z2	Z1		Z2	Z1			
					Z1			Z1			