

FOCUS:	07:00:00	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		09-Dec	10-Dec	11-Dec	12-Dec	13-Dec	14-Dec	15-Dec
12 WEEKS to SA Schools Champs	Total time	00:00:00	00:00:00	01:30:00	01:30:00	02:00:00	01:00:00	01:00:00
	1			Erg WU 10' 6k x 3 CD 10' Rest 90" 18-20 RPE 12-14	Row 16-18 km steady 18 RPE 16	Gym -Strength	Row 14km Steady 18 RPE 14	Gym -Strength
	2					Run 8-10km		
21 Weeks to Selection regatta								
	FOCUS:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	21-Dec	22-Dec
11 WEEKS to SA Schools Champs	Total time	01:30:00	02:30:00	01:30:00	01:30:00	02:00:00	01:30:00	00:00:00
	1	Ergo drop 1 split per 1 pip rate drop WU 15min 3min x 8 CD 2km 24 - 26 -28 RPE 16-18	Row 16-18 km steady 18 RPE 16	Erg WU 10' 6k x 3 CD 10' Rest 90" 18-20 RPE 12-14	Row 16-18 km steady 18 RPE 16		Row 16-18 km steady 18 RPE 16	Off
	2		Gym -Strength		Gym -Strength	Run 8-10km	Gym -Strength	

Alternatives

Row 16-18 km
Cycle 40 - 45 km
Run 8 - 10 km

*Submit 2k erg score before 30 Jan
Submit 2k erg score before 28 Feb*

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

10 WEEKS to SA Schools Champs	09:30:00	Monday 23-Dec	Tuesday 24-Dec	Wednesday 25-Dec	Thursday 26-Dec	Friday 27-Dec	Saturday 28-Dec	Sunday 29-Dec
	Total time	01:30:00	02:30:00	00:00:00	02:00:00	01:30:00	01:00:00	01:00:00
	1	Ergo drop 1 split per 1 pip rate drop WU 15min 3min x 8 CD 2km 24 - 26 -28 RPE 16-18	Row 16-18 km steady 18 RPE 16	Off	Gym -Strength	Erg WU 10' 6k x 3 CD 10' Rest 90" 18-20 RPE 12-14	Row 14km Steady 18 RPE 14	Gym -Strength
2		Gym -Strength		Run 8-10km				
9 WEEKS to SA Schools Champs	06:30:00	Monday 30-Dec	Tuesday 31-Dec	Wednesday 01-Jan	Thursday 02-Jan	Friday 03-Jan	Saturday 04-Jan	Sunday 05-Jan
	Total time	01:30:00	01:30:00	00:00:00	01:00:00	01:30:00	01:00:00	00:00:00
	1	Ergo drop 1 split per 1 pip rate drop WU 15min 3min x 8 CD 2km 24 - 26 -28 RPE 16-18	Row 16-18 km steady 18 RPE 14-16	Off	Gym -Strength	Erg WU 10' 6k x 3 CD 10' Rest 90" 18-20 RPE 12-14	Run/Cycle/Swim <i>Recovery focus</i> 8km Run Or 45' swim Or 20km Cycle RPE 12	Off
2				Run 8-10km				
8 WEEKS to SA Schools Champs	00:00:00	Monday 06-Jan	Tuesday 07-Jan	Wednesday 08-Jan	Thursday 09-Jan	Friday 10-Jan	Saturday 11-Jan	Sunday 12-Jan
	Total time	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
	1	Camps: Long distance, some pieces, running						
2								

Alternatives

Row 16-18 km
Cycle 40 - 45 km
Run 8 - 10 km

Submit 2k erg score before 30 Jan
Submit 2k erg score before 28 Feb

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