

ROWER		Total Time	VENUE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Distance			
Students/U23				30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	Row	Ergo		
Aerobic 20/m	410	Weeks	Gym		Ergo - 18k	110	8h30 Ergo - 90min	90	8h00 Ergo 4x2000(22-28)-18k	110	120min Cycle		18	
Aerobic T 24/m	25	to			3x15min SR 20/22/24, R=4'	15	3x4000m(1k@18,2k@20,1k@18) Rest: 3'	Rest: 4', step /500m			14h30 Ergo - 18k (LC)	100	OFF	18
Anerobic T 26-30/m	0	World			Rest: 2'	<3km WU, = CD	4km WU, 5km CD				2x20min SR 18/20/22/24			18
Sprint Max	0	Champs									Rest: 3' SR/5min			18
Vo2 Max 30-32	0		OFF		OFF		11h30 Gym 2		Run 10km		OFF			18
PS	0													
Gym	180		0		60				60		60			
Yoga/Stretching	0		Run 10km		OFF						OFF			
Run	120		Steady RPE>15		60		Run 10km		OFF					Run
Cycle	240						Light		60					10
Total week time	975		10											
			V Hard										Row	0
			Hard										Ergo	72
			Med	♦	♦	♦	♦	♦	♦	♦	♦	♦	Run	10
			Low										Total	82
					Z1 - Z3		Z1		Z1 - Z4		Z1		Z1 - Z3	
				Z1		Z1		Z1		Z1		Z1		

ROWER		Total Time	VENUE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Distance			
Students/U23				6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	Row	Ergo		
Aerobic 20/m	410	Weeks	Gym		Ergo - 18k	110	8h30 Ergo - 90min	90	8h00 Ergo 4x2000(22-28)-18k	110	120min Cycle		18	
Aerobic T 24/m	25	to			3x15min SR 20/22/24, R=4'	15	3x4000m(1k@18,2k@20,1k@18) Rest: 3'	Rest: 4', step /500m			14h30 Ergo - 18k (LC)	100	OFF	18
Anerobic T 26-30/m	0	World			Rest: 2'	<3km WU, = CD	4km WU, 5km CD				2x20min SR 18/20/22/24			18
Sprint Max	0	Champs									Rest: 3' SR/5min			18
Vo2 Max 30-32	0		OFF		OFF		11h30 Gym 2		Run 10km		OFF			18
PS	0													
Gym	180		0		60				60		60			
Yoga/Stretching	0		Run 10km		OFF		Run 10km		OFF					Run
Run	180		Steady RPE>15		60		Light		60		16h30 120min Cycle		OFF	10
Cycle	240													18
Total week time	1035		11											
			V Hard										Row	0
			Hard										Ergo	84
			Med	♦	♦	♦	♦	♦	♦	♦	♦	♦	Run	28
			Low										Total	82
					Z1 - Z3		Z1		Z1 - Z4		Z1		Z1 - Z3	
				Z1		Z1		Z1		Z1		Z1		

ROWER		Total Time	VENUE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Distance						
Students/U23				13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	Row	Ergo					
Aerobic 20/m	525	Weeks	8h00/8h30 Rowing - 18k	90	7h30/8h00 Rowing - 18k	90	7h30/8h00 Rowing - 18k	90	8h00 Gym	75	7h30/8h00 Rowing - 18k	90	7h30 Ergo - 20k	90	OFF	18	
Aerobic T 24/m	24	to	Steady SR18-20		Steady SR18-20		Steady SR18				Steady SR18		4 x1500m SR 24, R=4'	24	OFF	18	
Anerobic T 26-30/m	0	World											Last max effort...PACING!			18	
Sprint Max	0	Champs											4km WU, 4.5km CD			16	
Vo2 Max 30-32	0		Gym		OFF		Gym		13h00 Rowing - 16k		OFF		12h00 Gym		OFF	16	
PS	0																
Gym	240		0		60				60		60						
Yoga/Stretching	0		OFF		OFF		OFF		OFF		Run 10km		OFF			Run	
Run	60															10	
Cycle	0															10	
Total week time	849		11														
			V Hard													Row	70
			Hard													Ergo	18
			Med	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	Run	20
			Low												Total	108	
					Z1		Z1		Z1		Z1-Z2		Z1 - Z4				
					Z1		Z1		Z1		Z1-Z2						