

ROWER		Total T	VENUE	Monday 10 February	Tuesday 11 February	Wednesday 12 February	Thursday 13 February	Friday 14 February	Saturday 15 February	Sunday 16 February	Distance	
ELITE											Row	Ergo
Aerobic 20/m	310		6h30 Stretch & Activation	6h30 Stretch & Activation	6h30 Stretch & Activation	8h00 TBA Ergo - Readiness Test	RMB EVENT	RMB EVENT	CT	OFF	20	22
Aerobic T 24/m	35		7h00 Ergo : 22km	7h30 Rowing - 20km	7h30 Rowing - 24km	Travel: RMB EVENT	CT	CT			24	18
Anerobic T 26-30/m	27		10x1500m@24/26	Steady State >18rpm	8x2000m@20 (1min@24)	(Rowing - 16km) Steady State >18rpm	(Rowing - 16km) Steady State >18rpm	19km Trail run - HARD or				
Sprint Max	0											
Vo2 Max 30-32	0		10h00 90min Watt Bike	13h30 Ergo - 70min	10h00 90min Watt Bike			(Rowing - 16km) Steady State >18rpm				
PS	0			2x21min (19/20/22/20/24)/ (5/5/3/5/3)								
Gym	150											
Yoga/Stretching	0		PM: GYM - CAMP BLOCK	OFF	16h00: GYM - Strength	17h00 10km RUN	OFF	(PM: GYM - Strength)				
Run	65											
Cycle	180											
Total week time		12.78									Bike	36
(ENDURANCE)			V Hard								Row	44
			Hard								Ergo	40
			Med								Run	25
			Low								Total	145
(Brackets denotes remaining team)												
(Endurance) affected week - media			Ergo: 2min (Rpm change at 750m)		Ergo: Own time (RP3)	Bike: Z1	See separeate doc	Active Day/Media Day				
			Bike: Z1									
			Gym: Core + Stretch									
ROWER		Total T	VENUE	Monday 17 February	Tuesday 18 February	Wednesday 19 February	Thursday 20 February	Friday 21 February	Saturday 22 February	Sunday 23 February	Distance	
ELITE											Row	Ergo
Aerobic 20/m	440		6h30 Stretch & Activation	9h00 Travel Dullstroom	6h30 Stretch & Activation	9h00 Bike: 120min	7h00 Stretch & Activation	1h00 Bike: 120min	7h00 Stretch & Activation		16	16
Aerobic T 24/m	0		7h00 Ergo - Readiness Test	11h30 Arrive	7h30 RP3 - 90min		7h30 Rowing - 16km		7h30 Rowing - 90min		16	20
Anerobic T 26-30/m	60		Steady State >18rpm				18rpm		18rpm		18	
Sprint Max	0											
Vo2 Max 30-32	0		10h00 Stretch & Activation	Setup	Drive to Belfast	OFF		11h00: GYM - Camp Strength				
PS	0		10h30 Rowing - 16km		(Walk around Belfast Dam- 60min)							
Gym	225		Steady State >18rpm									
Yoga/Stretching	60											
Run	0		Boat Packing / Trailer Packing	PM:GYM - Camp Strength	PM: Core session - RM	PM: GYM - Camp Strength	Ergo: 90min	OFF	60min Run			
Cycle	240											
Total week time		17.08									Bike	36
STRENGTH			V Hard								Row	50
			Hard								Ergo	36
DULLSTROOM			Med								Run	12
			Low								Total	134
			Full warm 6km: 2x4min @prec. Watts	Unpack	RP3- Stretch & Warm Up Drills (45min)	18km	Highlands Gate Loop	PM: Ergo 4km WU: Technical	Highlands Gate Loop			
			1min repeat.		3x15min (Zone 1)	16km		2x26min R=Z (19/20/22/20/19/22)				
			Lactate to be taken.		Bio- precsc Core session			5/5/5/5/3/3				
ROWER		Total T	VENUE	Monday 24 February	Tuesday 25 February	Wednesday 26 February	Thursday 27 February	Friday 28 February	Saturday 01 March	Sunday 02 March	Distance	
ELITE											Row	Ergo
Aerobic 20/m	0		Weeks	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation	7h00 Stretch & Activation		
Aerobic T 24/m	0		to	7h30 Rowing - 120min	7h30 Rowing - 22km	7h30 Rowing - 23km	7h30 Rowing - 22km	7h30 Rowing - 22km	7h30 Rowing - 19km	7h30 Rowing - 18km		
Anerobic T 26-30/m	0		world	4x1500m (34/30/32)	18rpm	18rpm	18rpm	18rpm	18rpm	18rpm		
Sprint Max	0		Champs									
Vo2 Max 30-32	0		39	12h00 Gym - Max Strength	13h00 Ergo - 18km	12h00 Stretch & Activation	12h00 Gym - Max Strength	Bike: 120min	12h00 Gym - Max Strength			
PS	0			7x1500m@24, Rest: 2.30'	12h30 Rowing - 16km	12h30 Rowing - 16km						
Gym	0					18rpm						
Yoga/Stretching	0			OFF	OFF							
Run	0											
Cycle	0											
Total week time		0.00									Bike	
STRENGTH			V Hard								Row	
			Hard								Ergo	
DULLSTROOM			Med								Run	
			Low								Total	