RMB | NATIONAL SQUAD

ROWER	Total T	VENUE	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Distance	
ELITE			06 January		07 January		08 January		09 January		10 January		11 January		12 January		Row	Ergo
Aerobic 20/m	0	Weeks to World Champs	**90' SS (ROW/RP3/ERGO)**		**90' SS (ROW/RP3/ERGO)**		**90' SS (ROW/RP3/ERGO)**		**6h30 Stretch & Activation**		**6h30 Stretch & Activation**		**6h30 Stretch & Activation**		**OFF**		18	18
Aerobic T 24/m	0								7h00 Rowing - 90min		7h00 Rowing - 90min		7h00 8x2000@20 (1min@24)				18	22
Anerobic T 26-30/m	0																18	
Sprint Max	0		*own format		*own format		*own format										18	
Vo2 Max 30-32	0	38			**13h30 Ergo -70min**				**10h00 90min Indoor Cyclo**				PM: GYM - CAMP BLOCK				18	
PS	0				2x21min (18/20/22/20/24)/ (5/5/3/5/3)													
Gym	0																	
Yoga/Stretching	0		PM: GYM - CAMP BLOCK				PM: GYM - CAMP BLOCK		OFF		17h00 60min Run							Run
Run	0																	12
Cycle	0																	
Total week time	0.00																Bike	18
																	Row	90
																	Ergo	40
																	Run	12
																	Total	160
ENDURANCE			SS- Steady State @18rpm (continous)		SS- Steady State @18rpm (continous) Ergo: Rest: 2min		SS- Steady State @18rpm (continous)		Focus: Technique		Focus: Technique Run: Light							

ROWER	Total T	VENUE	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Distance	
ELITE			13 January		14 January		15 January		16 January		17 January		18 January		19 January		Row	Ergo
Aerobic 20/m	0	Weeks to World Champs	**7h00 Stretch & Activation**		**7h00 Stretch & Activation**		**7h00 Stretch & Activation**		**7h00 Stretch & Activation**		**7h00 Stretch & Activation**		7h00 Stretch & Activation		**OFF**		20	22
Aerobic T 24/m	0		7h30 Ergo: 23km		7h30 Rowing - 20km		7h30 Rowing - 24km		7h30 Rowing - 22km		7h30 Rowing - 120min		7h30 Ergo - 20km				20	16
Anerobic T 26-30/m	0		10x1500m@24		Steady State > 18rpm		8x2000m@20 (1min@24)		Steady State > 18rpm				Rp/Max bursts in WU				22	
Sprint Max	0																22	
Vo2 Max 30-32	0	37			**13h30 Ergo -70min**		10h00 120min Watt Bike						PM: GYM - CAMP BLOCK					20
PS	0				2x21min (18/20/22/20/24)/ (5/5/3/5/3)													
Gym	0																	
Yoga/Stretching	0		PM: GYM - CAMP BLOCK		**OFF**				PM: GYM - CAMP BLOCK		17h00 60min Run							Run
Run	0																	
Cycle	0																	
Total week time	0.00																Bike	13
ENDURANCE																	Row	84
																	Ergo	58
																	Run	0
																	Total	160
Under 23		6p (18km) No Run	Rest: 3min (Threshr Zone Prescription NB) Gym: New Prog. Run: Light intesity	18km N.A.	TAP- 6km continous laps 2min rest Ensure: Sufficient Hydration/Nutrition 4king row	6p N/A	WU: 5km CD: 3km Rest:2min	20km			Focus: Technique Run: Light	20min	4km WU: Technical 2x26min R+2' (18/20/22/20/18/22) 5'/5'/5'/5'/3'/3'					

ROWER	Total T	VENUE	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Distance	
ELITE			20 January		21 January		22 January		23 January		24 January		25 January		26 January		Row	Ergo
Aerobic 20/m	0	Weeks to World Champs	**8h00 2000m max - Ergo**		**8h00 5000m max - Ergo**		**7h00 70min Rowing**		**9h00 6000m Water trial**		**2HR Recovery Spin** *Load Trailer		VLC		VLC			
Aerobic T 24/m	0																	
Anerobic T 26-30/m	0																	
Sprint Max	0																	
Vo2 Max 30-32	0	36																
PS	0																	
Gym	0																	
Yoga/Stretching	0		**Recovery session**		**Recovery session**				PM: GYM - MOBILITY/RECOV.									Run
Run	0		own choice		own choice				PF LYNNW									
Cycle	0																	
Total week time	0.00																Bike	
TESTING																	Row	0
																	Ergo	0
																	Run	0
																	Total	0
Under 23		5p (16km)	Rest: 3min (Zone Prescription NB) Gym: New Prog.	18km 12km	1st Row: ASP Contious 2min rest /6000m 2nd Row: TAP with drills	16km	Ergo (22,24,26,28) / (3/3/3/3) Rest: 4' (Zone /RPE Prescription NB) Ergo 1st & 3rd 18/20/22 2nd 22/20/18	4p(18km)	RPM: 22,24,26,28 Rest: 4' Ergo 1st & 3rd 18/20/22 2nd 22/20/18	60min	Pack Trailer		Full Race Warm up Bring ergos for WU and CD		Full Race Warm up Bring ergos for WU and CD			

ROWER	Total T	VENUE	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Distance	
ELITE			27 January		28 January		29 January		30 January		31 January		01 February		02 February		Row	Ergo
Aerobic 20/m	70	Weeks to World Champs	OFF		6h30 Rowing - 90min Steady State		6h30 Rowing - 90min Steady State		6h30 Rowing - 90min Steady State	70	8am 120-180min OUTDOOR CYCLE or 90min Watt Bike		6h30 Rowing - 90min Steady State		OFF			
Aerobic T 24/m	0																	
Anerobic T 26-30/m	0																	
Sprint Max	0																	
Vo2 Max 30-32	0	35											Boat Packing					
PS	0																	
Gym	180			90						90								
Yoga/Stretching	0		PM: GYM -		OFF		PM: GYM -				PM: GYM -							Run
Run	60															60		
Cycle	360					180						180						
Total week time	11.17																Bike	
RECOVERY																	Row	0
																	Ergo	0
																	Run	0
																	Total	0
					Light		Light		Light		Wattbike		Run: Light / Steady					

ROWER	Time	VENUE	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Distance	
ELITE			03 February		04 February		05 February		06 February		07 February		08 February		09 February		Row	Ergo
Aerobic 20/m	0	Weeks to World Champs	**7h00 Stretch & Activation**		**7h00 Stretch & Activation**		**7h00 Stretch & Activation**		Travel		**Row: 14km**		**BUFFALO REGATTA 2025**		**OFF**			
Aerobic T 24/m	0		7h30 Ergo: 23km		7h30 Rowing - 20km		7h30 Rowing - 24km											
Anerobic T 26-30/m	0		6x2000m@26		Steady State > 18rpm		8x2000m@20 (1min@24)											
Sprint Max	0																	
Vo2 Max 30-32	0	34			**13h30 Ergo -70min**		10h00 120min Watt Bike											
PS	0				2x21min (18/20/22/20/24)/ (5/5/3/5/3)													
Gym	0																	
Yoga/Stretching	0		PM: GYM - Strength		**OFF**		10h00: GYM - Strength		**Run: 10km (Sea-side)**						**Depart EL**			Run
Run	0																	
Cycle	0																	
Total week time	0.00																Bike	
ENDURANCE		V Hard Hard Med Low															Row	0
																	Ergo	0
																	Run	0
																	Total	0
Under 23			Rest: 3min (Threshr Zone Prescription NB) Gym: New program	18km N.A.	TAP- 6km continous laps 2min rest Ensure: Sufficient Hydration/Nutrition 4king row	6p N/A	WU: 5km CD: 3km Rest:2min	20km	Run: Light	18km 2hrs	4x 30' sniroff at race pace Start seq x 10	4km 18km N/A		58km Gym				