RMB | NATIONAL SQUAD

ROWER Students/U23	Total Time	VENUE	Monday 10-Feb		Tuesday 11-Feb		Wednesday 12-Feb		Thursday 13-Feb		Friday 14-Feb		Saturday 15-Feb		Sunday 16-Feb		Distance Row	Distance Ergo
Aerobic 20/m	565	Weeks	Rowing - 16km	100	Rowing - 18km	100	Rowing - 18km	190	Rowing - 16km	75	Rowing - 20km	200	Ergo - 20k	70	OFF		16	20
Aerobic T 24/m	0	to	Steady SR18-20		Steady SR18-20		Steady SR18-20		Steady SR18-20		Steady SR18		8x5min SR 24, R=4'	40			18	18
Anerobic T 26-3	0	World											*Last 2 (24/26) max effort*				18	
Sprint Max	0	Champs											4.5km WU, 4.5km CD				16	
Vo2 Max 30-32	0		Gym		Cycle 150min				Gym		Rowing - 16km		Gym		OFF		20	
PS	0	0									Steady SR18						16	
Gym	120			60						60	*if unable to row/60'ergo@20*			60				
Yoga/Stretching	0						Ergo: 18km						OFF		OFF		Cycle	Run
Run	60						4 x 1500m (28/32)										150min	0
Cycle	270					150	Rest: 4min											
Total week time	16.92						WU/CD =										Cycle	150mins
		V Hard															Row	104
		Hard					◆						◆				Ergo	38
		Med	◆						◆				◆				Run	0
		Low	◆		◆ ◆		◆		◆		◆ ◆						Total	142
			Z1-Z2		Z1		Z1		S1		Z1		Z1 - Z4					
			S1		Z1				Z1				S1					
			Z1				Z1 - Z5				Z1							

ROWER Students/U23	Total Time	VENUE	Monday 17-Feb		Tuesday 18-Feb		Wednesday 19-Feb		Thursday 20-Feb		Friday 21-Feb		Saturday 22-Feb		Sunday 23-Feb		Distance Row	Distance Ergo
Aerobic 20/m	630	Weeks	Rowing - 16km	100	Rowing - 18km	100	Rowing - 18km	190	Rowing - 16km	75	Rowing - 20km	200	Ergo - 20k	70	OFF		16	16
Aerobic T 24/m	0	to	Steady SR18-20		Steady SR18-20		Steady SR18-20		Steady SR18-20		Steady SR18		8x5min SR 24, R=4'	40			18	18
Anerobic T 26-3	0	World											*Last 2 (24/26) max effort*				18	20
Sprint Max	0	Champs											4.5km WU, 4.5km CD				16	
Vo2 Max 30-32	0		Gym		Cycle 150min				Gym		Rowing - 16km		Gym		OFF		20	
PS	0	0									Steady SR18						16	
Gym	60			60						60	*if unable to row/60'ergo@20*			60				
Yoga/Stretching	60		Run 10km				Ergo: 18km		Ergo: 16km				OFF		OFF		Cycle	Run
Run	60						4 x 1500m (28/32)		3 x 4000m @ 22								150min	10
Cycle	0					150	Rest: 4min		2min rest									
Total week time	13.5						WU/CD =											
		V Hard															Row	104
		Hard					◆		◆				◆				Ergo	54
		Med	◆						◆				◆				Run	10
		Low	◆ ◆		◆ ◆		◆		◆		◆ ◆						Total	168
			Z1		Z1-Z2		Z1 - Z5		Z1 - Z5		Z1		Z1					
											S1		S1					
			Z1				Z1-Z2				Z1							

ROWER Students/U23	Total Time	VENUE	Monday 24-Feb		Tuesday 25-Feb		Wednesday 26-Feb		Thursday 27-Feb		Friday 28-Feb		Saturday 29-Feb		Sunday 01-Mar		Distance Row	Distance Ergo
Aerobic 20/m	670	Weeks	Rowing - 90min	100	Rowing - 18km	100	Rowing - 20km	180	Rowing - 18km	90	Rowing - 100min	100	Ergo - 20k	100	OFF		18	20
Aerobic T 24/m	0	to	2x3x200m @max, Rest: 90'/3"				4 x1500m (28/30/32), SB-2		Steady SR18-20		Steady SR18-20		8x5min SR 24, R=4'				20	16
Anerobic T 26-3	0	World	WU 6-8km CD =				Rest=5min						*Last 2 (24/26) max effort*				16	
Sprint Max	6	Champs		6									4.5km WU, 4.5km CD				18	
Vo2 Max 30-32	0		Gym		Cycle 150min				Gym		Rowing - 16km		Gym		OFF		16	
PS	0	0									Steady SR18							
Gym	180			60						60	*if unable to row/60'ergo@20*			60				
Yoga/Stretching	60		Run 10km				Rowing - 16km		Ergo: 16km		Run 10km	60			OFF		Cycle	Run
Run	60		Light	60			Steady SR18-20		3 x 4000m @ 22		Light						150min	10
Cycle	150					150			2min rest									
Total week time	18.77																Cycle	150mins
		V Hard	◆														Row	88
		Hard					◆		◆				◆				Ergo	36
		Med	◆						◆				◆				Run	10
		Low	◆		◆ ◆		◆		◆		◆ ◆ ◆						Total	134
			Z5		Z1		Z1 - Z5		S1		Z1		Z1 - Z4 (Z5)					
			S1		Z1				Z1				S1					
			Z1				Z1				Z1							