

Renegade Rowing Training Plan Template

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rowing	Endurance	Race Prep	Endurance	Endurance/ Active Rest	Endurance	Race Prep	Rest Day
Fitness	Strength and Conditioning		Strength and Conditioning		Strength and Conditioning		Rest Day
Strength	Strength/Skill	Olympic Lifting	Strength/Skill	Olympic Lifting	Strength/Skill	Olympic Lifting	Rest Day

Rowing Blocks	Endurance	Intensity: Category VI	0-70% of max HR, medium difficulty - can hold a conversation but aware of breathing				
		Category V	70-80% of max HR, difficult - can say one or two sentences, increased breathing to speak				
	Race Prep	Category IV	80-90% of max HR, very difficult - cannot talk comfortably				
		Category III	90-95% of max HR, not quite all out effort - cannot speak more than a few words at a time				
	Volume:	10 - 50min Intervals					

Active Rest	Yoga	Swim	Bike	Run	Hike	Ski
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Fitness Blocks	Strength and Conditioning	Category III- IV	Helen	Cindy	FGB	Nancy	Diane
		5 - 30 min.	Stadiums	Fran	Jackie	Grace	Karen

Strength Blocks	Strength	Movements:	Back Squat	Deadlift	Shoulder Press	Push Press	Push/Pull Up
		Volume:	3x10/3x8	5x5	6x3	7x2	7x1
		Intensity:	70%-75%	75%-85%	85%-90%	90%-95%	95%-100%

Skill	Double Unders	Hollow Rocks	Wall Climbs	Handstands	Pistols	Skin the Cats
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Olympic Lifting	Movements:	Snatch	Clean	Jerk	Front Squat
		Hang Snatch	Hang Clean	Push Jerk	Back Squat
		Power Snatch	Power Clean	Push Press	Deadlift