

Renegade Rowing Athlete Template

| Renegade Level | # of Blocks | Recommended Blocks | | | | Renegade Athletes |
|----------------|-------------|---------------------------|---------------------------|---------------------------|---|--|
| R1 | Rowing | Endurance | | | | Recreational Athletes and Rowers looking to add crosstraining into their sport specific routines. |
| | Fitness | Strength and Conditioning | | | | |
| | Strength | Strength/Skill | | | | |
| R2 | 2x Rowing | Endurance | Endurance | | | High School and College Rowers looking to build and maintain strength and power year round. |
| | 2x Fitness | Strength and Conditioning | Strength and Conditioning | | | |
| | 2x Strength | Strength/Skill | Strength/Skill | | | |
| R3 | 3x Rowing | Endurance | Race Prep | Race Prep | CF Athletes and Rowers looking to compete at Regional Competitions, Regattas, and CRASH-B's | |
| | 3x Fitness | Strength and Conditioning | Strength and Conditioning | Strength and Conditioning | | |
| | 3x Strength | Strength/Skill | Strength/Skill | Olympic Lifting | | |
| R4 | 4x Rowing | Endurance | Endurance | Race Prep | Race Prep | Elite Rowers and Athletes looking to develop and maintain a high level of performance without long slow distance |
| | 4x Fitness | Strength and Conditioning | Strength and Conditioning | Strength and Conditioning | Strength and Conditioning | |
| | 4x Strength | Strength/Skill | Strength/Skill | Olympic Lifting | Olympic Lifting | |