

Renegade Rowing

Training Plan 11-10-14

	Monday 11/10	Tuesday 11/11	Wed. 11/12	Thursday 11/13	Friday 11/14	Saturday 11/15	Sunday 11/16
Rowing	5x10min w/ 30sec Rest @18-22 for All	6x2:00 w/ 1:30 Rest	5x10min w/ 1min Rest @20-22-24-22- 24	2x22min w/ 2min rest @20-22	3x15min w/ 2min Rest @24-26	2k Row w/ 4 LEB's EMOM	Rest Day
Fitness	3Rds - 1min Max Distance Row, 1min Max Push Ups, 1min Rest		"Jackie" Ladder - 1k Row, 50 Thrusters, 30 Pull Ups, 50 Thrusters, 1k Row		Re-Test: "Nancy in a Boat " 5RFT - 500m Row, 15 OHS		Rest Day
Strength	3x8 Back Squat	Strict Press 6x3, Deadlift 6x3, Foam Rol Hips and Hamstrings Before and After	3x8 Deadlift	Push Press - heavy single, Back Squat 6x3	3x8 Shoulder Press	Dumbell Rows 6x3 Slow no rebound, Deadhang Pullups 5x10 add weight if easy, Front Squat 6x3	Rest Day