

Renegade Rowing

Training Plan 11-17-14

	Monday 11/17	Tuesday 11/18	Wed. 11/19	Thursday 11/20	Friday 11/21	Saturday 11/22	Sunday 11/23
Rowing	4x11min w/ 2min Rest @24,20,24,20 Cat V Effort	5x500m w/ Equal Work to Rest @Race Pace	2x22min w/ 2min Paddle Between @20-22, Cat VI	3x15min Pyramids w/ 2min Rest (4',3',2',1',2',3') @20-22-24-26- 24-22 Cat V	2x25min w/ 2min Rest @20,22 Cat VI	RRL1-Race Day 2k Row, 1k Row, 500m Row	Rest Day
Fitness	5RFT - 300m Row (@2k Pace), 15 Push Press		"Rowing Helen" – 3RFT – 500m Row, 21 KB Swings, 12 Pull Ups		Peak Power Test (Max Watts) and Tabata Starts (8x:20 On/:10 Off)		Rest Day
Strength	5x5 Back Squat	Heavy Single Snatch, Heavy Single Clean and Jerk, Back Squat 70%x3 - 75% X3 - 80% 4X3	5x5 Deadlift	Hang Snatch 70% 2x3, 75% x3, 80% x3, 85% 3x2, Power Clean Push Press 75% 2x3, 80% x3, 85% x3, 90% 3x2, Front Squat 70% 2x3, 75% x3, 80% 4x3	5x5 Shoulder Press	Slow Snatch 50% 2x3, 60% 2x3, 70% 3x2, Hang Clean 70% 3x2, 75% x2, 80% x2, 85% 2x1, Back Squat 70% 2x3, 75% x3, 80% x3, 85% x3, 90% 3x2	Rest Day