

Renegade Rowing

Training Plan 12-1-14

	Monday 12/1	Tuesday 12/2	Wed. 12/3	Thursday 12/4	Friday 12/5	Saturday 12/6	Sunday 12/7
Rowing	4x11min w/ 2min Rest @24,20,24,20 Cat V Effort	4x1k w/ 4min 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	Max Pressure 2x1k w/ 5'rest; 2x500m w/ 3'rest; 2x250m w/ 1'rest	Rest Day
Fitness	1k@28(2k+5); 4'rest w/ 20 PU; 3x3'@26,25,24 (2k+7) w/ 1'rest; 4'rest w/ 20 PU; 2x3'@25,24,23 (2k+7) w/ 1'rest		"Sculler X" - 5RFT: 10 Pistols (5 each leg), 10 Inch Worm Push Ups, 10 Russian KB Swings (2/1.5 Pood), 10 Calories on the Erg		For Time: 500m Row, 5MBC, 400m Row, 10MBC, 300m Row, 15 MBC, 200m Row, 20 MBC, 100m Row, 25MBC (MBC=Med Ball Clean) (20#/14#)		Rest Day
Strength	6x3 Back Squat	Snatch: 70%2x3, 80%3x2 Power Clean: 60%2x3, 70%2x3, 80%2x3 Jerk: 70%2x3, 80%2x3 Front Squat: 70%2x3, 80%x4, 90%x3	6x3 Deadlift	Power Snatch: 60%2x3, 70%2x3, 80%3x2 Clean & Jerk: 70%2x(3+1), 80%3x(3+1), 90%2x(1+1) Back Squat: 80%x4, 90%x3 Upright Row to Press 4X8 Hypers 3X10 Abs 3X20	6x3 Shoulder Press	Snatch: 60%2x3, 70%3x2, 80%2x2 Clean Extension: 60%x4, 80%x3, 90%x2 Clean & Jerk: 60%2x(3+1), 70%2x(3+1), 80%3x(2+1) Behind neck Jerk: 50%x3, 60%x3, Back Squat: 60%2x4, 70%2x3, 80%2x2	Rest Day

Rowing Blocks	Endurance	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