

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

Renegade Rowing

Training Plan 12-22-14

Category V - difficult

- increased breathing to speak

	Monday 12/22	Tuesday 12/23	Wed. 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
Rowing	4x10min w/ 2min Rest, @22, 26, 22, 26 Cat IV Effort	4x1500m w/ 4min Rest @28-30 (2k+5, 2k+4, 2k+3, 2k+2 Pace)		Merry Christmas!!!	45min continuous steady state @20-22 Cat VI Effort	8x500m w/ 2min Rest @Race Pace w/ Race Focus	Rest Day
Fitness	6RFT - 10 Push Ups, 250m Row, 10 Pull Ups		"Beach Burner" 500m Row, 20 Push Ups 500m Row, 20 Lateral Hurdles (Just Below Knee) 500m Row, 20 Split Squat Jumps 500m Row, 20 Burpee Box Jumps (24/20) 500m Row, 20 Toes to Bar 500m Row, 20 Air Squats 500m Row, 20 V-Ups		Re-Test: "High Noon" - 12-11-10- ... -3-2-1 Row for Calories, Box Jumps (24/20), Push Ups		Rest Day
Strength	1a.) 3x10 Back Squat, 1b.) 3x15 Push Ups	(#/reps)sets Snatch Extension: 70%/5, (80%/5)2, 90%/4 Snatch: (70%/3)2, (80%/2)3, (90%/1)2 Power Clean: (70%/3)2, 80%/2, (90%/1)2 Back Squat: (70%/5)2, (80%/4)2, (90%/3)2 Upright Row to Press 4X8 Hypers 3X10 Abs 3X20	1a.) 3x10 Deadlift, 1b.) 3x10 Ring Rows		1a.) 3x10 Push Press, 1b.) 3x3 Box Jumps Ascending in Height	(#/reps)sets Press: 60%/5, (70%/4)2, 80%/2 Hang Snatch: (70%/3)2, (80%/2)2 Hang Clean: (70%/2)2, (80%/2)2 Upright Row to Press 4X8 Hypers 3X10 Abs 3X20	Rest Day