

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

# Renegade Rowing

## Training Plan 12-29-14

Category V - difficult

- increased breathing to speak

Cat III - Hard - Can't Talk

	Monday 12/29	Tuesday 12/30	Wed. 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
Rowing	4x11min pyramids w/ 1min rest @22- 24-26-24-22 Cat IV Effort	5x1k w/ 4min Rest @Race Pace		3x15min w/ 2min Rest, rates alternate every 5min @22-26-24 Cat IV Effort		4x8min w/ 4min rest @26-28 (2k+4 to 2k+6) Cat III Effort	Rest Day
Fitness	Partner WOD Accumulate 3k Row and Max Double Unders (1 person rows, 1 person does double unders)		"New Year's Eve Challenge" Complete for Time: 1k Row @20s/m 50 Burpees 1k Row @22s/m 50 Burpees		4 RFT 500m Row 10 Deadlifts (225/155)		Rest Day
Strength	1a.) 3x8 Back Squat 1b.) 3x10 Push Ups	Snatch 60% 2x3, 70% 1x3, 75% 1x3, 80% 3x2 Clean + Jerk 70% 2x3, 75% 1x3, 80% 3x2 Back Squat 70% 1x3, 80% 1x3, 85% 5x3 Snatch Pull 90% 2x3, 100% 3x3	1a.) 3x8 Deadlift 1b.) 3x10 Ring Rows	Power Snatch 50% 2x3, 60% 2x3, 70% 4x3 Back Jerk 60% 2x3, 70% 1x3, 80% 3x3 Front Squat 70% 2x3, 80% 1x3, 90% 3x2 Clean Pull 90% 2x3, 100% 3x3	1a.) 3x8 Shoulder Press 1b.) 3x4 Box Jumps Ascending in Height	Hang Snatch 60% 2x3, 70% 1x3, 75% 1x3, 80% 3x2 Power Clean + Front Squat 70% 2x3, 75% 1x3, 80% 2x2 Snatch Pull 90% 1x3, 100% 1x5, 105% 3x2 Squat 70% 1x3, 80% 1x3, 90% 3x2	Rest Day

Rowing Blocks

Endurance

Category VI

0-70% of max HR, medium difficulty - can hold a conversation but aware of breathing