

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

Renegade Rowing

Training Plan 1-19-15

Category V - difficult

- increased breathing to speak

Cat III - Hard - Can't Talk

	Monday 1/19	Tuesday 1/20	Wed. 1/21	Thursday 1/22	Friday 1/23	Saturday 1/24	Sunday 1/25
Rowing	4x11min w/ 2min Rest @24,20,24,20 Cat V Effort	Race Focus - 10 x 250m w/ :45 Rest	2x22min w/ 2min Paddle Between @20-22, Cat VI	3x15min Pyramids w/ 2min Rest (4',3',2',1',2',3') @20-22-24-26-	2x25min w/ 2min Rest @20,22 Cat VI	RRL3-Race Day 2k Row	Rest Day
Fitness	"3/4 Little Cindy" AMRAP15 3 Pull Ups 6 Push Ups 9 Air Squats		"Jackie" 1,000m Row 50 Thrusters (45/35) 30 Pull Ups		Re-Test: "Duxbury Helen" 3RFT – 250m Row, 21 Air Squats, 12 Push Ups		Rest Day
Strength	1a.) 6x3 Back Squat 1b.) 6x6 Push Ups 2.) EMOM6 - 7 Back Squat @50% for Drive Speed		1a.) 6x3 Deadlift 1b.) 6x6 Ring Rows 2.) EMOM6 - 7 Deadlift @50% for Drive Speed		1a.) 6x3 Shoulder Press 1b.) 6x6 Box Jumps 2.) EMOM6 - 7 Shoulder Press @50% for Bar Speed		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