

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

Renegade Rowing

Training Plan 1-26-15

Category V - difficult

- increased breathing to speak

Cat III - Hard - Can't Talk

	Monday 1/26	Tuesday 1/27	Wed. 1/28	Thursday 1/29	Friday 1/30	Saturday 1/31	Sunday 2/1
Rowing	4x11min w/ 2min Rest @24,20,24,20 Cat V Effort	Race Pace: 2x1k w/ 5:00 Rest 2x500m w/ 3:00 Rest 2x250m w/ 1:30 Rest	4x10min w/ 3min rest @26 Cat IV Effort	3x15min w/ 2min Rest @24-26 Cat V Effort	4x11min pyramids w/ 1min rest @22- 24-26-24-22 Cat IV Effort	8x500m w/ 2min Rest @Race Pace w/ Race Focus	Rest Day
Fitness	6RFT 250m Row 10 Burpees 2 Snatch (135/95 lbs.)		"Lil' Nancy in a Boat" 3RFT 500m Row 15 OHS (75/55 lbs)		EMOM12 Odds: 3 Power Cleans @75% Evns: 10 Strokes for Peak Power		Rest Day
Strength	1a.) 7x2 Back Squat 1b.) 7x3 Push Ups AHAP	Heavy Single Snatch, Heavy Single Clean and Jerk, Back Squat 70%x3 - 75% X3 - 80% 4X3	1a.) 7x2 Deadlift 1b.) 7x3 Ring Rows AHAP	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	1a.) 7x2 Shoulder Press 1b.) 7x3 Box Jumps	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

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