

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

# Renegade Rowing

## Training Plan 1-5-15

Category V - difficult

- increased breathing to speak

Cat III - Hard - Can't Talk

	Monday 1/5	Tuesday 1/6	Wed. 1/7	Thursday 1/8	Friday 1/9	Saturday 1/10	Sunday 1/11
Rowing	5x10min w/ 30sec Rest, @18-22 for all Cat VI Effort	500m @32 (2k-1), 2min rest, 1k @30 (2k), 4min rest, 2k @28 (2k+2)		2x25min w/ 1min Rest 1st@20 2nd@22 Cat VI Effort		2x2k w/ 5min Rest (See RR Blog for Rates/Pressure)	Rest Day
Fitness	5 RFT 10 OH Walking Lunges (45/25) 10 Push Ups Max Effort Double Unders (1 attempt unbroken)		"Rowing Helen" 3RFT – 500m Row, 21 KB Swings, 12 Pull Ups		Re-Test: 4 RFT 500m Row 10 Deadlifts (225/155)		Rest Day
Strength	1a.) 5x5 Back Squat 1b.) 5x8 Push Ups	Snatch 50% 2x3, 60% 2x3, 70% 5x3 Front Squat 60% 2x3, 70% 2x3, 75% 4x3 Clean Pull 80% 2x3, 90% 2x3, 100% 2x3	1a.) 5x5 Deadlift 1b.) 5x8 Ring Rows	Hang Snatch 50% 2x3, 60% 2x3, 70% 3x3 Power Clean + Push Press 60% 2x3, 70% 2x3, 75% 1x3, 80% 4x2 Squat 50% 2x3, 70% 2x3, 80% 5x3	1a.) 5x5 Shoulder Press 1b.) 5x5 Box Jumps Ascending in Height	Power Snatch 50% 2x3, 60% 5x3 Behind the Neck Jerk 60% 2x3, 70% 2x3, 75% 4x3 Squat 70% 2x3, 80% 4x3	Rest Day

Rowing Blocks

Endurance

Category VI

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