

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

Renegade Rowing

Training Plan 2-2-15

Category V - difficult

- increased breathing to speak

Cat III - Hard - Can't Talk

	Monday 2/2	Tuesday 2/3	Wed. 2/4	Thursday 2/5	Friday 2/6	Saturday 2/7	Sunday 2/8
Rowing	3x15min w/ 2min Rest, rates alternate every 5min @22-26-24 Cat IV Effort	10 x 1:00 On, :45 Off, CRASH-B Pace	4x8min with 4min rest, @26-28, Cat III Effort	4x11min pyramids w/ 1min rest @22- 24-26-24-22 Cat IV Effort	4x11min w/ 2min Rest @24,20,24,20 Cat V Effort	6 x 650m w/ 1:45 Rest Focus: CRASH-B Strategy	Rest Day
Fitness	"Fran in a Boat" 210m Row 21 Pull Ups 150m Row 15 Pull Ups 90m Row 9 Pull Ups		Team WOD: 5RFM - 1:00 Row 10 Box Jumps 10 Push Ups 10 Push Press (75/55) 10 Jump Squats 10 Burpees		ReTest: "Lil' Nancy in a Boat" 3RFT 500m Row 15 OHS (75/55 lbs)		Rest Day
Strength	3x8 Back Squat	Snatch: 70%2x3, 80%3x2 Power Clean: 60%2x3, 70%2x3, 80%2x3 Jerk: 70%2x3, 80%2x3 Front Squat: 70%2x3, 80%x4, 90%x3	3x8 Deadlift	Power Snatch: 60%2x3, 70%2x3, 80%3x2 Clean & Jerk: 70%2x(3+1), 80%3x(3+1), 90%2x(1+1) Back Squat: 80%x4, 90%x3 Upright Row to Press 4X8 Hypers 3X10 Abs 3X20	3x8 Shoulder Press	Snatch: 60%2x3, 70%3x2, 80%2x2 Clean Extension: 60%x4, 80%x3, 90%x2 Clean & Jerk: 60%2x(3+1), 70%2x(3+1), 80%3x(2+1) Behind neck Jerk: 50%x3, 60%x3, Back Squat: 60%2x4, 70%2x3, 80%2x2	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