

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

Renegade Rowing

Training Plan 2-23-15

Category V - difficult

- increased breathing to speak

Cat III - Hard - Can't Talk

	Monday 2/23	Tuesday 2/24	Wed. 2/25	Thursday 2/26	Friday 2/27	Saturday 2/28	Sunday 3/1
Rowing	3x8min w/ 4min Rest (4'@20, 3'@24, 1'@Race Pace)	Race Focus - 10 x 250m w/ 1:30 Rest	Race Warm-Up and 5 Start and Settles	Race Pressure - 10 x :20 On/ :40 Off	Race Warm-Up (Focus Like Race Day)	Rest Day	CRASH-B 2015
Fitness	All For Time ... 500m Row (start of 2k); 3 Rounds Of: 5 Power Cleans (115/75 lbs), 5 Burpees Over the Bar; then 500m Row (finish of 2k)		"High Noon Mod" - 12-10-8-6-4-2 Row for Calories, Box Jumps (20/16), Push Ups		"Baseline" - 500m Row, 40 Air Squats, 30 Sit Ups, 20 Push Ups, 10 Pull Ups	Rest Day	
Strength		1a.) 7x2 Back Squat 1b.) 7x3 Push Ups 2.) EMOM6 - 4 Back Squat @50% for Drive Speed		1a.) 7x2 Deadlift 1b.) 7x3 Push Ups 2.) EMOM6 - 4 Deadlift @50% for Drive Speed		Rest Day	