

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

# Renegade Rowing

## Training Plan 2-9-15

Category V - difficult

- increased breathing to speak

Cat III - Hard - Can't Talk

	Monday 2/9	Tuesday 2/10	Wed. 2/11	Thursday 2/12	Friday 2/13	Saturday 2/14	Sunday 2/15
Rowing	4x10min w/ 2min Rest, @22, 26, 22, 26 Cat IV Effort	4x1500m w/ 4min Rest @28-30 (2k+5, 2k+4, 2k+3, 2k+2 Pace)		45min continuous steady state @20- 22 Cat VI Effort		8x500m w/ 2min Rest @Race Pace w/ Race Focus	Rest Day
Fitness	AMRAP8 8 Wall Balls (20/14 lbs.) 8 Slam Balls (20/10 lbs.) 200m Row		AMRAP12 12 Air Squats 9 Push Ups 6 Box Jumps 400m Row		AMRAP7 50 Double Unders 5 Burpees 10 Cal. Row		Rest Day
Strength	5x5 Back Squat	Snatch: 65%2x3, 75%2x3, 85%2x2 Clean Extension: 70%x5, 80%x5, 90%2x3, 100%x3 Clean and Jerk 65%2x3, 75%2x3, 85%2x2 Behind Neck Jerk: 50%2x3, 60%2x3 Front Squat: 70%2x5, 80%2x4, 90%2x3 Upright Row to Press 4X8 Hypers 3X10 Abs 3X20	5x5 Deadlift	Shoulder Press: 60%2x4, 70%x2, 85%x2 Hang Snatch: 60%2x3, 70%2x3, 80%2x2 Clean & Jerk: 65%x(3+1), 75%2x(2+1), 85%2x(2+1), 95%2x(1+1) Back Squat: 70%2x4, 80%2x4, 90%2x3	5x5 Shoulder Press	Power Snatch: 60%2x3, 70%2x3, 80%2x2 Power Clean: 60%3x3, 70%2x3, 80%2x2, 90%2x2 Snatch Extension: 70%2x3, 80%2x3 Front Squat: 60%2x5, 70%2x4, 80%2x3 Upright Row to Press 4X8, Hypers 3X10, Abs 3X20	Rest Day