

# Renegade Rowing

## Training Plan 3-16-15

	Monday 3/16	Tuesday 3/17	Wed. 3/18	Thursday 3/19	Friday 3/20	Saturday 3/21	Sunday 3/22
Rowing	3x10min Hills	8x500m w/ 2min Rest @Race Pace	Double Pyramids 2x19min		4x10min Spicy Steady State	4x1k w/ 3min Rest @Race Pace	Rest Day
Fitness	10-8-6-4-2 Box Dips Recline Rows Pistols (scale w/ box pistol)		10-8-6-4-2 DB Push Press (20#) Pull Ups (scale with a band or ring rows) Box Jumps (20")		Stadium or 5k Run		Rest Day
Strength		20min - Superset: a.) Deadlift Heavy 5-5-5 b.) 5 Push Ups (add weight if easy)		20min - Superset: a.) Back Squat Heavy 5-5-5 b.) Bench Press Heavy 5-5-5			Rest Day