

Renegade Rowing

Training Plan 3-30-15

	Monday 3/30	Tuesday 3/31	Wed. 4/1	Thursday 4/2	Friday 4/3	Saturday 4/4	Sunday 4/5
Rowing	"Snow Drifts" 2x17min Varying Rates	4x1500m w/ 4min Rest @28-30 (2k+5, 2k+4, 2k+3, 2k+2 Pace)	3x10min Hills		4x10min Spicy Steady State	8x500m w/ 2min Rest @Race Pace	Rest Day
Fitness	AMRAP 1:30 4 Box Dips 4 Recline Rows 4 Pistols AMRAP 4:00 Max Single Unders (Jumping Rope) AMRAP 1:30 4 DB Thrusters (Front Squat then Press) 4 Slam Balls		10-8-6-4-2 Pull Ups (Scale w/ Ring Rows) Push Ups		5x Hill Sprints (Find a Hill) (Sprint Up) (Walk Down) (Go Big or Go Home)		Rest Day
Strength		20min - Superset: a.) Deadlift Heavy 5-3-1+ b.) 5 Push Ups (add weight if easy)		12min - OH Squat Heavy 5-3-1 12min - Push Press Heavy 5-3-1			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
		Category III	90-95% of max HR, not quite all out effort - cannot speak more than a few words at a time