

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

Renegade Rowing Training Plan 3-2-15

Category V - difficult

- increased breathing to speak

Cat III - Hard - Can't Talk

	Monday 3/2	Tuesday 3/3	Wed. 3/4	Thursday 3/5	Friday 3/6	Saturday 3/7	Sunday 3/8
Rowing	Rest Day	Double Pyramids 2x19min	15 x :40 On/ :20 Off		4x10min Spicy Steady State	2x1k w/ 4min Rest, 2x500m w/ 3min Rest @Race Pace	Rest Day
Fitness	Rest Day	1. Peak Power Test (Max Watts) 2. Death By 10m Run		"Jackie" 1,000m Row 50 Thrusters (45/35) 30 Pull Ups	Re-Test: "Baseline" - 500m Row, 40 Air Squats, 30 Sit Ups, 20 Push Ups, 10 Pull Ups		Rest Day
Strength	Rest Day	7x1 Deadlift		7x1 Push Press		7x1 Back Squat	Rest Day