

Renegade Rowing

Training Plan 4-13-15

	Monday 4/13	Tuesday 4/14	Wed. 4/15	Thursday 4/16	Friday 4/17	Saturday 4/18	Sunday 4/19
Rowing	4x11min w/ 2min Rest @24,20,24,20 Cat V Effort	5x800m w/ 2min rest @2k+2 to 2k Pace	4x10min w/ 3min rest @26 Cat IV Effort	3x15min w/ 2min Rest @24-26 Cat V Effort	4x11min pyramids w/ 1min rest @22-24-26-24-22 Cat IV Effort	3k (@2k+5), 6min rest, 2.5k (@2k+4), 5min rest, 2k (@2k+3)	Rest Day
Fitness	4Rds for Max Reps - 1' Row(cals), 1' KB Snatch, 1' DU, 1' KB Snatch, 1' Rest		5RFT - 20 Cal, 15 Push Ups, 10 DB GtO, 5 Split Squat Jumps (1:30 Rest Between Rounds)		"Sculler X" - 5RFT: 10 Pistols (5 each leg), 10 Inch Worm Push Ups, 10 Russian KB Swings (2/1.5 Pood), 10 Calories on the Erg		Rest Day
Strength		7x2 Back Squat		7x2 Deadlift		7x2 Shoulder Press	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