

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

## Renegade Rowing

### Training Plan 4-20-15

Category V - difficult

- increased breathing to speak

	Monday 4/20	Tuesday 4/21	Wed. 4/22	Thursday 4/23	Friday 4/24	Saturday 4/25	Sunday 4/26
Rowing	3x15min w/ 2min Rest, rates alternate every 5min @22-26-24 Cat IV Effort	6x650m w/ 1:45 Rest; Focus: race Strategy	4x8min with 4min rest, @26-28, Cat III Effort	4x11min pyramids w/ 1min rest @22-24-26-24-22 Cat IV Effort	4x11min w/ 2min Rest @24,20,24,20 Cat V Effort	RRL2-Race Day 2k Row	Rest Day
Fitness	All For Time ... 500m Row (start of 2k); 3 Rounds Of: 5 Power Cleans (135/95 lbs) 10 Burpee Broad Jumps; then 500m Row (finish of 2k)		"High Noon" - 12-11-10- ... -3-2-1 Row for Calories, Box Jumps (24/20), Push Ups		"Baseline" - 500m Row, 40 Air Squats, 30 Sit Ups, 20 Push Ups, 10 Pull Ups		Rest Day
Strength		1a.) 7x1 Back Squat, 1b.) 7x7 Push Ups		1a.) 7x1 Deadlift, 1b.) 7x7 Ring Rows		1a.) 7x1 Shoulder Press, 1b.) 7x7 Box Jumps	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