

Renegade Rowing

Training Plan 4-6-15

	Monday 4/6	Tuesday 4/7	Wed. 4/8	Thursday 4/9	Friday 4/10	Saturday 4/11	Sunday 4/12
Rowing	Double Pyramids 2x19min	5x1k w/ 4min Rest @Race Pace	4x10min w/ 3min rest @26 Cat IV Effort		3x8min w/ 4min Rest (4'@20, 3'@24, 1'@Race Pace)	8x2min w/ 1min Rest @28, 30, Race Pace for 4, 2k-1, 2k-2	Rest Day
Fitness	EMOM12 3 Box Jumps 3 Push Ups (Add height each successful round)		EMOM12 (:30 Work, :30 Rest) 1st Min: Box Dips 2nd Min: Ring Rows 3rd Min: Squat Jumps		5x Hill Sprints (Find a Hill) (Sprint Up) (Walk Down) (Go Big or Go Home)		Rest Day
Strength		10min for 15RM Deadlift EMOM6 6 Speed Deadlifts @75% of 15RM		10min for 15RM Back Squat EMOM6 6 Speed Back Squats @60% of 15RM			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