

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

## Renegade Rowing

### Training Plan 5-11-15

Category V - difficult

- increased breathing to speak

Cat III - Hard - Can't Talk

	Monday 5/11	Tuesday 5/12	Wed. 5/13	Thursday 5/14	Friday 5/15	Saturday 5/16	Sunday 5/17
Rowing	5x10min w/ 30sec Rest, @18-22 for all Cat VI Effort	500m @32 (2k-1), 2min rest, 1k @30 (2k), 4min rest, 2k @28 (2k+2)		2x25min w/ 1min Rest 1st@20 2nd@22 Cat VI Effort		2x2k w/ 5min Rest (See RR Blog for Rates/Pressure)	Rest Day
Fitness	5 RFT 10 OH Walking Lunges (45/25) 10 Push Ups Max Effort Double Unders (1 attempt unbroken)		"Rowing Helen" 3RFT – 500m Row, 21 KB Swings, 12 Pull Ups		Re-Test: 4 RFT 500m Row 10 Deadlifts (225/155)		Rest Day
Strength	1a.) 5x5 Back Squat 1b.) 5x8 Push Ups		1a.) 5x5 Deadlift 1b.) 5x8 Ring Rows		1a.) 5x5 Shoulder Press 1b.) 5x5 Box Jumps Asscending in Height		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