

Category VI - medium difficulty

- aware of breathing

Category IV - very difficult - cannot talk comfortably

## Renegade Rowing

### Training Plan 1-12-15

Category V - difficult

- increased breathing to speak

Cat III - Hard - Can't Talk

	Monday 5/18	Tuesday 5/19	Wed. 5/20	Thursday 5/21	Friday 5/22	Saturday 5/23	Sunday 5/24
Rowing	5x10min w/ 30sec Rest @18-22 for All	Max Pressure - 15 x :20 On/ :40 Off	5x10min w/ 1min Rest @20-22-24-22- 24	2x22min w/ 2min rest @20-22	3x15min w/ 2min Rest @24-26	4x2:00 w/ :30 Rest	Rest Day
Fitness	AMRAP7 20 Calorie Row 20 Double Unders		"Duxbury Helen" 3RFT – 250m Row, 21 Air Squats, 12 Push Ups		EMOM7 5 Stroke Start 3 Snatch Balances (115/85 lbs)		Rest Day
Strength		1a.) 6x4 Back Squat 1b.) 6x5 Push Ups 2.) EMOM6 - 6 Back Squat @60% for Drive Speed		1a.) 6x4 Deadlift 1b.) 6x5 Ring Rows 2.) EMOM6 - 6 Deadlift @60% for Drive Speed		1a.) 6x4 Shoulder Press 1b.) 6x5 Box Jumps 2.) EMOM6 - 6 Shoulder Press @60% for Bar Speed	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