

Renegade Rowing

Training Plan 7-6-15

	Monday 7/6	Tuesday 7/7	Wed. 7/8	Thursday 7/9	Friday 7/10	Saturday 7/11	Sunday 7/12
Rowing	3x10min Hills	8x500m w/ 2min Rest @Race Pace	Double Pyramids 2x19min		4x10min Spicy Steady State	4x1k w/ 3min Rest @Race Pace	Rest Day
Fitness	10-8-6-4-2 Box Dips Recline Rows Pistols (scale w/ box pistol)		10-8-6-4-2 DB Push Press (20#) Pull Ups (scale with a band or ring rows) Box Jumps (20")		Stadium or 5k Run		Rest Day
Strength		20min - Superset: a.) Deadlift Heavy 5-5-5 b.) 5 Push Ups (add weight if easy)		20min - Superset: a.) Back Squat Heavy 5-5-5 b.) Bench Press Heavy 5-5-5			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