

The Renegade Rowing Project

	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
Endurance: (Row, Run, Bike, Hike, Swim...)	45 min SS @20---22	1k, 6x250m, 4x:45 On, :15 Off -- Post # of Strokes at Goal Split	5x10min w/ 30sec rest @18---22	2x25min w/ 1min rest @20 for first @22 for second	50min, alt. rates every 10min @18---20--- 22---20---22	5x500m w/ 1:30 Rest	Rest Day
Fitness:	5RFT 10 OH Walking Lunges (45/25#), 10 Push Ups, 50 Double Unders		"Nancy in a Boat " 5RFT 500m Row, 15 OHS		6RFT 1 Wall Climb 50m Bear Crawl 5 Front Squats (115/75#), 20 Double Unders		Rest Day
Strength:	3x10 Deadlift	Strict Press 6x6, Deadlift 6x6, Foam Rol Hips and Hamstrings Before and After	3x10 Back Squat	Push Press - heavy single, Back Squat 6x6	3x10 Shoulder Press	Dumbbell Rows 6x3 Slow no rebound, Deadhang Pullups 5x10 add weight if easy, Front Squat 6x6	Rest Day