

The Renegade Rowing Project							
	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
Endurance: (Row, Run, Bike, Hike, Swim...)	6x8min w/ 30sec rest @20--24	6x2:00 w/ 1:30 rest (Start at 2k+2 pace and negative split each piece)	7x7min w/ 1min rest @2k+12 pace	Turkey Trot/Pie Run (aka - 5mile race)	50min, alt. rates every 10min @20--22--24-- 22--20	5x500m w/ 1:30 Rest	Rest Day
Fitness:	Cash In: 20 Burpees 1min Rest AMRAP20 5 KB Snatch Each Arm 10 DB Push Press 16 DB Walking Lunges (1min Rest Every 4min) Cash Out: Max Plank Hold		Cash In: 22 Box Jumps 1min Rest 15-12-9-6 for time Push Ups DB Thrusters 1min Rest Cash Out: 22 K2E		"Jackie" 1,000m Row 50 Thrusters 30 Pull Ups		Rest Day
Strength:	3x8 Back Squat	Strict Press 6x6, Deadlift 6x6, Foam Roll Hips and Hamstrings Before and After	3x8 Bench Press	Push Press - heavy single, Back Squat 6x6	3x8 Deadlift	Dumbbell Rows 6x3 Slow no rebound, Deadhang Pullups 5x10 add weight if easy, Front Squat 6x6	Rest Day