

The Renegade Rowing Project						
	11-Dec	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec
						17-Dec
Endurance: (Row, Run, Bike, Hike, Swim...)	3x15min w/ 2min Rest, rates alternate every 5min @22-26-24 Cat IV Effort	6x650m w/ 1:45 Rest; Focus: race Strategy	4x8min with 4min rest, @26- 28, Cat III Effort	4x11min pyramids w/ 1min rest @22-24-26- 24-22 Cat IV Effort	4x11min w/ 2min Rest @24,20,24,20 Cat V Effort	Test: 2k Row
Fitness:	All For Time ... 500m Row (start of 2k); 3 Rounds Of: 5 Power Cleans (135/95 lbs) 10 Burpee Broad Jumps; then 500m Row (finish of 2k)		"High Noon" - 12-11- 10- ... -3-2-1 Row for Calories, Box Jumps (24/20), Push Ups		"Baseline" - 500m Row, 40 Air Squats, 30 Sit Ups, 20 Push Ups, 10 Pull Ups	Rest Day
Strength:	1a.) 6x3 Back Squat, 1b.) 6x6 Push Ups	(#/reps)sets Snatch Extension: 70%/5, (80%/5)2, 90%/4 Snatch: (70%/3)2, (80%/2)3, (90%/1)2 Power Clean: (70%/3) 2, 80%/2, (90%/1)2 Back Squat: (70%/5)2, (80%/4)2, (90%/3)2 Upright Row to Press 4X8 Hypers 3X10 Abs 3X20	1a.) 6x3 Deadlift, 1b.) 6x6 Ring Rows	(#/reps)sets Snatch: (60%/3)2, (70%/2)3, 80%/1 Clean Extension: 70%/4, 80%/5, 90%/1 Clean & Jerk: (70%/3+1)2 (80%/2+1)2, (90%/1+1)2 Front Squat: (60%/4)2, (70%/3)2, (80%/3)2 Upright Row to Press 4X8 Hypers 3X10 Abs 3X20	1a.) 6x3 Shoulder Press, 1b.) 6x6 Box Jumps	(#/reps)sets Press: 60%/5, (70%/4)2, 80%/2 Hang Snatch: (70%/3)2, (80%/2)2 Hang Clean: (70%/2)2, (80%/2)2 Upright Row to Press 4X8 Hypers 3X10 Abs 3X20
						Rest Day
Category VI - medium difficulty - aware of breathing						
Category V - difficult - increased breathing to speak						
Category IV - very difficult - cannot talk comfortably						