The Renegade Rowing Project							
	18-Dec	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
Endurance: (Row, Run, Bike, Hike, Swim…)	4x10min w/ 2min Rest, @22, 26, 22, 26 Cat IV Effort	4x1500m w/ 4min Rest @28-30 (2k+5, 2k+4, 2k+3, 2k+2 Pace)		45min continuous steady state @20-22 Cat VI Effort		8x500m w/ 2min Rest @Race Pace w/ Race Focus	Rest Day
Fitness:	6RFT - 10 Push Ups, 250m Row, 10 Pull Ups		"Beach Burner" 500m Row, 20 Push Ups 500m Row, 20 Lateral Hurdles (Just Below Knee) 500m Row, 20 Split Squat Jumps 500m Row, 20 Burpee Box Jumps (24/20) 500m Row, 20 Toes to Bar 500m Row, 20 Air Squats 500m Row, 20 V-Ups		Re-Test: "High Noon" - 12-11-10- … -3-2-1 Row for Calories, Box Jumps (24/20), Push Ups		Rest Day
Strength:	1a.) 3x10 Back Squat, 1b.) 3x15 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.) 3x10 Deadlift, 1b.) 3x10 Ring Rows	(#/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	1a.) 3x10 Push Press, 1b.) 3x3 Box Jumps Asscending in Height		Rest Day
Category VI - medium difficulty - aware of breathing							
Category V - difficult - increased breathing to speak							
Category IV - very difficult - cannot talk comfortably							