

The Renegade Rowing Project						
	4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec
Endurance: (Row, Run, Bike, Hike, Swim...)	4x11min w/ 2min Rest (@24,20,24,20 Cat V Effort	5x800m w/ 2min rest @2k+2 to 2k Pace	4x10min w/ 3min rest @26 Cat IV Effort	3x15min w/ 2min Rest @24-26 Cat V Effort	4x11min pyramids w/ 1min rest @22- 24-26-24-22 Cat IV Effort	3k (@2k+5), 6min rest, 2.5k (@2k+4), 5min rest, 2k (@2k+3)
Fitness:	4Rds for Max Reps - 1' Row(cals), 1' KB Snatch, 1' DU, 1' KB Snatch, 1' Rest		5RFT - 20 Cal, 15 Push Ups, 10 DB GtO, 5 Split Squat Jumps (1:30 Rest Between Rounds)		Re-Test: "Sculler X/V" - 5RFT: 5 Pistols (total), 10 Push Ups, 15 Russian KB Swings (2/1.5 Pood), 10 Calories on the Erg	Rest Day
Strength:	5x5 Front Squat	Snatch: 65%/2x3, 75%/2x3, 85%/2x2 Clean Extension: 70%/x5, 80%/x5, 90% 2x3, 100%/x3 Clean and Jerk 65%/2x3, 75%/2x3, 85%/2x2 Behind Neck Jerk: 50%/2x3, 60%/2x3 Front Squat: 70% 2x5, 80%/2x4, 90% 2x3 Upright Row to Press 4X8 Hypers 3X10 Abs	5x5 Deadlift	Shoulder Press: 60% 2x4, 70%/x2, 85%/x2 Hang Snatch: 60%/2x3, 70%/2x3, 80%/2x2 Clean & Jerk: 65%x (3+1), 75%/2x(2+1), 85%/2x(2+1), 95%/2x (1+1) Back Squat: 70% 2x4, 80%/2x4, 90%/2x3	5x5 Bench Press	Power Snatch: 60%/2x3, 70% 2x3, 80%/2x2 Power Clean: 60%/3x3, 70% 2x3, 80%/2x2, 90%/2x2 Snatch Extension: 70% 2x3, 80%/2x3 Front Squat: 60% 2x5, 70%/2x4, 80%/2x3 Upright Row to Press 4X8, Hypers 3X10, Abs 3X20
						Rest Day