

The Renegade Rowing Project						
	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
	21-Jan					
Endurance: (Row, Run, Bike, Hike, Swim...)	5x10min w/ 30sec Rest, @18- 22 for all Cat VI Effort	500m @32 (2k-1), 2min rest, 1k @30 (2k), 4min rest, 2k @28 (2k+2)		2x25min w/ 1min Rest 1st@20 2nd@22 Cat VI Effort		2x2k w/ 5min Rest
Fitness:	5 RFT 10 OH Walking Lunges (45/25) 10 Push Ups Max Effort Double Unders (1 attempt unbroken)		“Rowing Helen” 3RFT – 500m Row, 21 KB Swings, 12 Pull Ups		4 RFT 500m Row 10 Deadlifts (225/155)	Rest Day
Strength:	1a.) 5x5 Back Squat 1b.) 5x8 Push Ups	Snatch 50% 2x3, 60% 2x3, 70% 5x3 Front Squat 60% 2x3, 70% 2x3, 75% 4x3 Clean Pull 80% 2x3, 90% 2x3, 100% 2x3	1a.) 5x5 Deadlift 1b.) 5x8 Ring Rows	Hang Snatch 50% 2x3, 60% 2x3, 70% 3x3 Power Clean + Push Press 60% 2x3, 70% 2x3, 75% 1x3, 80% 4x2 Squat 50% 2x3, 70% 2x3, 80% 5x3	1a.) 5x5 Shoulder Press 1b.) 5x5 Box Jumps Ascending in Height	Power Snatch 50% 2x3, 60% 5x3 Behind the Neck Jerk 60% 2x3, 70% 2x3, 75% 4x3 Squat 70% 2x3, 80% 4x3
Category VI - medium difficulty - aware of breathing						
Category V - difficult - increased breathing to speak						
Category IV - very difficult - cannot talk comfortably						