

Mon	Tue	Wed	Thu	Fri	Sat	Sun
19	20	21	22	23	24	25

26	27	28	Mar 1	2	3	4
<p>Day Off DAY OFF- Dia Livre Totally off ... rest, relax and have fun. É mesmo para descansar</p>	<p>Rowing 1:03:00 60' Steady State P: 1:03:00 2 x 30': 10' @ 18, 10' @ 20, 10' @ 22 Rest 3' "UT 2"</p> <p>Strength 2:00:00 Força 1 P: 2:00:00 4 séries x 8 repetições @70% 1RM Intervalo entre exercicios 2' Intervalo entre séries 2' Exercicios:Agachamento, Remada deitada,peso morto,supino,abdominais (50x),lunge (30x),remada lateral,lombar(50x), elevações(10-15x)</p>	<p>Rowing 1:20:00 3 - 4 X 1.5K (~ 5') Water P: 1:20:00 Reduce rates by 2 - 4 for 1xs 15' Warm-up</p> <p>1st piece: 1.5K @ 30</p> <p>6' Rest</p> <p>2nd piece: .5K @ 30, .5K @ 32, .5K @ 34</p> <p>6' Rest</p> <p>3rd piece: .5K @ 30, .5K @ 32, .5K @ 34</p> <p>6' Rest</p> <p>4th piece: .5K @ 30, .5K @ 32, .5K @ 34</p> <p>15' cool down</p> <p>Rowing 1:00:00 Pure Technical Work - HR &lt; 130 P: 1:00:00 This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ... The goal is lightness, relaxation, "easy speed" ...</p>	<p>Rowing 1:36:00 90' (60' + 30') Steady State P: 1:36:00 UT21 x 60' Rest 3'1 x 30'</p> <p>Rowing 1:00:00 Pure Technical Work - HR &lt; 130 P: 1:00:00 This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ... The goal is lightness, relaxation, "easy speed" ...</p>	<p>Rowing 1:00:00 60' Steady State - 1' bursts P: 1:00:00 60' steady - continuous Rating 18 - 22 - HR is most important 1' piece @ 15', 30', 45' and 60' 1' should be full pressure, highest rating possible, max speed Build up, then come back down to steady state</p> <p>Strength 0:50:00 Força 3 P: 0:50:00 5 séries x 3 repetições @90% 1RM Intervalo entre exercicios 2' Intervalo entre séries 2' Exercicios:Agachamento, Remada deitada,peso morto,supino</p>	<p>Rowing 1:36:00 90' (60' + 30') Steady State P: 1:36:00 UT21 x 60' Rest 3'1 x 30'</p>	<p>Rowing 1:10:00 3 x 3K Water or Erg P: 1:10:00 10' warmup 1st piece: 1K @ 26, 1K @ 28, 1K @ 30 6' rest 2nd piece: 1K @ 28, 1K @ 30, 1K @ 32 6' rest 3rd piece: 1.5K @ 30, 1.5K @ 32 10' cool down</p>

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Rowing  
 1:00:00  
 Pure Technical Work - HR < 130  
 P: 1:00:00  
 This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ... The goal is lightness, relaxation, "easy speed" ...

Strength  
 1:20:00  
 Força 2  
 P: 1:20:00  
 5 séries x 6 repetições @80% 1RM  
 Intervalo entre exercicios 2'  
 Intervalo entre séries 2'  
 Exercicios:Agachamento, Remada deitada,peso morto,supino,abdominais (50x),remada lateral), elevações(10-15x)

Rowing  
 1:00:00  
 500, 1000, 500 Water  
 P: 1:00:00  
 30' Warm up  
 1st piece:  
 Start  
 6' Rest  
 2nd piece:  
 Middle 1000  
 6' Rest  
 3rd piece:  
 Last 500 (build up)  
 15' Cool down

Rowing  
 1:36:00  
 90' Steady State -  
 P: 1:36:00  
 3 x 30': 10' @ 18, 10' @ 20, 10' @ 22  
 Rest - Descanso 3' UT2

Rowing  
 1:03:00  
 60' Steady State  
 P: 1:03:00  
 2 x 30': 6' @ 18, 6' @ 20, 6' @ 22, 6' @ 18, 6' @ 20, Rest 3'"UT 2"

Rowing  
 1:00:00  
 Pure Technical Work - HR < 130  
 P: 1:00:00  
 This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ... The goal is lightness, relaxation, "easy speed" ...

Rowing  
 1:36:00  
 90' Steady State -  
 P: 1:36:00  
 3 x 30': 10' @ 18, 10' @ 20, 10' @ 22  
 Rest - Descanso 3' UT2

Strength  
 0:50:00  
 Força 3  
 P: 0:50:00  
 5 séries x 3 repetições @90% 1RM  
 Intervalo entre exercicios 2'  
 Intervalo entre séries 2'  
 Exercicios:Agachamento, Remada deitada,peso morto,supino

Rowing  
 1:00:00  
 6 x 4' on 1' off AT  
 P: 1:00:00  
 Continuous rowing  
 15' warm-up  
 6 x (4' on + 1' easy)

15' cool down  
 This workout can be done on the water or ergo. It is most important that you remain in the AT range and steady across the pieces--no higher. Ratings will vary across athletes from 24 - 30.

Warm-up and cool down should be UT3 or very low UT2.

Bike  
 1:30:00  
 90' Steady Bike  
 P: 1:30:00  
 Steady bike - easy  
 HR should be 15 - 20 bpm less than your rowing UT2.

Rowing  
 1:36:00  
 90' Steady State -  
 P: 1:36:00  
 3 x 30': 10' @ 18, 10' @ 20, 10' @ 22  
 Rest - Descanso 3' UT2

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Rowing  
1:36:00  
90' Steady State -  
P: 1:36:00  
3 x 30': 10' @ 18, 10' @ 20, 10' @ 22  
Rest - Descanso 3' UT2

Strength  
1:20:00  
Força 2  
P: 1:20:00  
5 séries x 6 repetições @80% 1RM  
Intervalo entre exercícios 2'  
Intervalo entre séries 2'  
Exercícios:Agachamento, Remada deitada,peso morto,supino,abdominais (50x),remada lateral), elevações(10-15x)

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Rowing  
1:36:00  
90' Steady State -  
P: 1:36:00  
3 x 30': 10' @ 18, 10' @ 20, 10' @ 22  
Rest - Descanso 3' UT2

Rowing  
1:00:00  
Pure Technical Work - HR < 130  
P: 1:00:00  
This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ... The goal is lightness, relaxation, "easy speed" ...

15

Rowing  
1:20:00  
4 X 1.5K Water  
P: 1:20:00  
Reduce rates by 2 - 4 for 1xs  
15' Warm-up

1st piece:  
1.5K @ 30  
6' Rest  
2nd piece:  
.5K @ 30, .5K @ 32, .5K @ 34  
6' Rest  
3rd piece:  
.5K @ 30, .5K @ 32, .5K @ 34  
6' Rest  
4th piece:  
.5K @ 30, .5K @ 32, .5K @ 34  
15' cool down

Bike  
1:30:00  
90' Steady Bike  
P: 1:30:00  
Steady bike - easy  
HR should be 15 - 20 bpm less than your rowing UT2.

16

Rowing  
1:36:00  
90' Steady State -  
P: 1:36:00  
3 x 30': 10' @ 18, 10' @ 20, 10' @ 22  
Rest - Descanso 3' UT2

Rowing  
1:00:00  
Pure Technical Work - HR < 130  
P: 1:00:00  
This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ... The goal is lightness, relaxation, "easy speed" ...

17

Rowing  
1:00:00  
Water - 60' easy  
P: 1:00:00  
Easy rowing.  
3 x 1' at 5K pace @ 15' mark and @ 30' mark and @ 45' mark

18

Rowing  
1:00:00  
5 - 6K champs  
P: 1:00:00

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20

Rowing  
1:36:00  
90' Steady State -  
P: 1:36:00  
3 x 30': 10' @ 18, 10' @ 20, 10' @ 22  
Rest - Descanso 3' UT2

Strength  
1:20:00  
Força 2  
P: 1:20:00  
5 séries x 6 repetições @80% 1RM  
Intervalo entre exercícios 2'  
Intervalo entre séries 2'  
Exercícios:Agachamento, Remada deitada,peso morto,supino,abdominais (50x),remada lateral), elevações(10-15x)

21

Bike  
1:30:00  
90' Steady Bike  
P: 1:30:00  
Steady bike - easy  
HR should be 15 - 20 bpm less than your rowing UT2.

22

Rowing  
0:40:00  
30 Minutes Ergo - 20 strokes/min  
P: 0:40:00  
30 minutes - 20 strokes per minute  
10' warm up  
Goal: Maximum distance  
30 minutos cadência 20  
Objetivo: maior distância possível

Rowing  
1:00:00  
Pure Technical Work - HR < 130  
P: 1:00:00  
This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ... The goal is lightness, relaxation, "easy speed" ...

23

Rowing  
1:36:00  
90' Steady State -  
P: 1:36:00  
3 x 30': 10' @ 18, 10' @ 20, 10' @ 22  
Rest - Descanso 3' UT2

Rowing  
1:00:00  
Pure Technical Work - HR < 130  
P: 1:00:00  
This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ... The goal is lightness, relaxation, "easy speed" ...

24

Rowing  
1:15:00  
(6 x 1') x 1 or 2  
P: 1:15:00  
20' Warm-up  
6 x 1" on 1" off - max  
10' rest  
6 x 1" on 1" off - max  
20' Cool down

Rowing  
1:00:00  
Pure Technical Work - HR < 130  
P: 1:00:00  
This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ... The goal is lightness, relaxation, "easy speed" ...

25

Rowing  
1:36:00  
90' Steady State -  
P: 1:36:00  
3 x 30': 10' @ 18, 10' @ 20, 10' @ 22  
Rest - Descanso 3' UT2

Rowing  
1:00:00  
Pure Technical Work - HR < 130  
P: 1:00:00  
This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ... The goal is lightness, relaxation, "easy speed" ...

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Apr 1

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