

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	31	Feb 1	2	3
<p>Rowing 90' Steady State - 1:36:00 3 x 30': 10' @ 18, 10' @ 20, 10' @ 22 Rest - Descanso 3' UT2</p> <p>Strength Triphasic Day 1- Week 2 - Eccentric Focus 1:00:00 Monday Medium Intensity Triphasic 80-87% Power - Medball Rotational Throw and Chest Throw 3 x 10 @3-4kg</p> <p>Strength Warm Up for Back Squat and DB Bench Press 1 x 5 @55% 1RM 1 x 3 @65% 1RM 1 x 3 @75% 1RM</p> <p>Strength Main Set 4 x 3 (Triphasic) 6:0:0:0 Back Squat DB Bench Press ½ off the body off bench</p> <p>Set 1 @80% 1RM Set 2 @80% 1RM Set 3 @85% 1RM Set 4 @80% 1RM</p> <p>Note: This should be a hard, challenging effort such as doing 5 minute or 1500 meter pieces. Make sure you are getting good depth on your squats!</p> <p>Core ½ TGU with bridge at elbow 1+1 x 5 Renegade Row 3 x 5+5</p>	<p>Rowing 90' Steady State - 1:36:00 3 x 30': 10' @ 18, 10' @ 20, 10' @ 22 Rest - Descanso 3' UT2</p> <p>Rowing 60' Steady State 1:03:00 2 x 30': 10' @ 18, 10' @ 20, 10' @ 22 Rest 3' "UT 2"</p>	<p>Rowing 30 Minutes Ergometer - 20 strokes per minute 0:40:00 30 minutes - 20 strokes per minute 10' warm up Goal: Maximum distance 30 minutos cadência 20 Objetivo: maior distância possível</p> <p>Strength Dynamic Day 2 Week 2 1:00:00 Wednesday Heavy Intensity Normal 90-97%</p> <p>Power - Two Arm Swing Dead Swing 4 x (10 x 1)</p> <p>Strength Warm Up for Deadlift and Push Up 1 x 5 @55% 1RM 1 x 3 @65% 1RM 1 x 3 @75% 1RM</p> <p>Push Up - do 5 reps at decline; feet on bench</p> <p>Strength Main Set 4 x 3 Deadlift and Explosive Push Up</p> <p>Set 1 @80% 1RM 3 reps Set 2 @90% 1RM 1 rep Set 3 @90% 1RM 1 rep Set 4 @90% 1RM 1 rep</p> <p>Note: This is your hardest lift day of the week. Think of these reps like a watts test. This is a near maximum effort while making sure you are maintaining excellent technique. The reps are low so you can push yourself and lift heavy.</p> <p>Core Partner Paloff Press with Cook Band 6 x 10" Ab Wheel aka Barbell Roll out 3 x 5</p>	<p>Bike 150' steady bike 2:30:00 Steady ride. UT2, BUT this should be for the bike and adjusted. Use your UT2 for rowing and subtract 15 - 20 bpm.</p> <p>Rowing Pure Technical Work - HR < 130 1:00:00 Women in LW2x</p> <p>Men in 1Xs This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...</p> <p>The goal is lightness, relaxation, "easy speed" ...</p>	<p>Rowing 90' Steady State - 1:36:00 3 x 30': 10' @ 18, 10' @ 20, 10' @ 22 Rest - Descanso 3' UT2</p> <p>Strength Triphasic Day 2 Week 2 - Eccentric Focus 1:00:00 Friday Light Intensity Triphasic (60%)</p> <p>Power - Two Arm Swing Men @20-28kg Women @16-20kg 12 x 5 reps every 30" Max Power</p> <p>Strength 4 x 3 Split Squat (Triphasic) 6:0:0:0 Pullups</p> <p>Note: Today is your lightest lift day of the week. However, fatigue will be high because it is towards the end of the training week and tomorrow is a hard rowing session. If you are tired, today is the day to go lighter. Give yourself extra time to work on recovery such as foam rolling, breathing, and flexibility work.</p> <p>Core ½ TGU + Bridge at elbow 1+1 x 5 Men: @12-16kg Women: @8-12kg Side Plank Row with Cook Band 2 x 20</p>	<p>Rowing 3 x 5K - 32 1:45:00 20' Warm-up 3 x 5K</p> <p>10 min rest</p> <p>2K @ 28, 2K @ 30, 1K @ 32</p> <p>This is a rhythm and power workout. Maximum distance per stroke.</p> <p>20' Cool down</p>	<p>Day Off DAY OFF- Dia Livre Totally off ... rest, relax and have fun. É mesmo para descansar</p>

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

Strength
Triphasic Day 1- Week 3
and 4 - Isometric Focus
1:00:00
Monday | Medium
Intensity | Triphasic 80-
87%
Power - Medball
Rotational Throw and
Chest Throw
3 x 10 @3-4kg

Strength Warm Up for
Back Squat and DB
Bench Press
1 x 5 @55% 1RM
1 x 3 @65% 1RM
1 x 3 @75% 1RM

Strength| Main Set 4 x 3
(Triphasic) | 0:3:0:0
Back Squat
DB Bench Press ½ off
the body off bench

Set 1 @80% 1RM
Set 2 @80% 1RM
Set 3 @85% 1RM
Set 4 @80% 1RM

Note: This should be a
hard, challenging effort
such as doing 5 minute
or 1500 meter pieces.
Make sure you are
getting good depth on
your squats!

Core
½ TGU with bridge at
elbow 1+1 x 5
Renegade Row 3 x 5+5

Bike
150' steady bike
2:30:00
Steady ride.
UT2, BUT this should be
for the bike and
adjusted. Use your UT2
for rowing and subtract
15 - 20 bpm.

Rowing
3 x 3K Water
1:10:00
Note: Team Boats
UT1/AT
Be sure to do this in
team boats
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

Strength
Dynamic | Day 2 | Week
3 and 4
1:00:00
Wednesday | Heavy
Intensity | Normal | 90-
97%

Power - Two Arm Swing
Dead Swing
5 x (10 x 1)

Strength Warm Up for
Deadlift and Push Up
1 x 5 @55% 1RM
1 x 3 @65% 1RM
1 x 3 @80% 1RM

Push Up - do 5 reps at
decline; feet on bench

Strength 4 sets| Deadlift
and Explosive Push Up

Set 1 @90% 1RM | 1 rep
Set 2 @95% 1RM | 1 rep
Set 3 @95% 1RM | 1 rep
Set 4 @90% 1RM | 1 rep

Note: This is your
hardest lift day of the
week. Think of these
reps like a watts test.
This is a near maximum
effort while making sure
you are maintaining
excellent technique.
The reps are low so you
can push yourself and
lift heavy.

Push Ups do 5 reps

Core
Partner Paloff Press
with Cook Band 6 x 10"
Ab Wheel aka Barbell
Roll out 3 x 5

Rowing
Pure Technical Work -
HR < 130
1:30:00
This is time to drill, drill
and do more drills.
Static, dynamic, solo,
as a crew ... The goal is
lightness, relaxation,
"easy speed" ...

Rowing
Pure Technical Work -
HR < 130
1:00:00
Women in LW2x

Men in 1Xs
This is time to drill, drill
and do more drills.
Static, dynamic, solo,
as a crew ...

The goal is lightness,
relaxation, "easy
speed" ...

Rowing
90' Steady State -
1:36:00
Women in LW2x
Men in 1Xs
3 x 30': 10' @ 18, 10' @
20, 10' @ 22
Rest - Descanso 3'
UT2

Strength
Triphasic Day 2 | Weeks
3 and 4 | Isometric
Focus
1:00:00
Friday | Light Intensity |
Triphasic (60%)

Power - Two Arm Swing
Men | @20-28kg
Women | @16-20kg
12 x 5 reps every 30" |
Max Power

Strength | 4 x 3
Split Squat (Triphasic)
0:3:0:0
Pullups

Note: Today is your
lightest lift day of the
week. However, fatigue
will be high because it
is towards the end of
the training week and
tomorrow is a hard
rowing session. If you
are tired, today is the
day to go lighter. Give
yourself extra time to
work on recovery such
as foam rolling,
breathing, and flexibility
work.

Core
½ TGU + Bridge at
elbow 1+1 x 5
Men: @12-16kg
Women: @8-12kg
Side Plank Row with
Cook Band 2 x 20

Rowing
4 x 1.5K
1:20:00
Women in LW2x
Men in 1Xs
Coaches can play with
ratings based on
perceived technical
needs. However, these
should be FIXED ratings
and ATHLETES must
make be thinking
MAXIMUM DISTANCE
PER STROKE.

Ideally each piece as a
full, aggressive, start
20' Warm-up

+

1st piece:
500 with full start, 500
@ 30, 500 @ 32

10' rest

2nd piece:

500 with full start, 500
@ 32, 500 @ 34

10' rest

3rd piece:

500 with full start, 500
@ 34, 500 @ sprint

10' rest

4th piece:

500 with full start, 500
@ 34, 500 @ sprint

20' cool down

Rowing
Pure Technical Work -
HR < 130
1:00:00
Women in LW2x

Men in 1Xs
This is time to drill, drill
and do more drills.
Static, dynamic, solo,
as a crew ...

The goal is lightness,
relaxation, "easy
speed" ...

Rowing
Pure Technical Work -
HR < 130
1:30:00
Women in LW2x
Men in 1Xs
This is time to drill, drill
and do more drills.
Static, dynamic, solo,
as a crew ...

The goal is lightness,
relaxation, "easy
speed" ...

Day Off
Afternoon OFF
0:00:00
Afternoon off.

11	12	13	14	15	16	17
<p>Rowing 90' Steady State - 1:36:00 3 x 30': 10' @ 18, 10' @ 20, 10' @ 22 Rest - Descanso 3' UT2</p>	<p>Rowing Pure Technical Work - HR < 130 1:00:00 Same breakfast. Early lunch?</p>	<p>Rowing 90' Steady State - 1:36:00 3 x 30': 10' @ 18, 10' @ 20, 10' @ 22 Rest - Descanso 3' UT2</p>	<p>Rowing Pure Technical Work - HR < 130 1:00:00 Same breakfast. Early lunch?</p>	<p>Rowing 60' Steady State Row (UT3/UT2) with 1' bursts (4 total) 1:03:00 2 x 30'</p>	<p>Rowing Pure Technical Work - HR < 130 1:00:00 This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...</p>	<p>Day Off DAY OFF- Dia Livre Totally off ... rest, relax and have fun. É mesmo para descansar</p>
<p>Rowing Coaches discretion if this happens - Pre Gym Pure Technical Work - HR < 130 0:45:00 This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...</p> <p>The goal is lightness, relaxation, "easy speed" ...</p>	<p>Coaches discretion on workout order. Some more rest time given the supervised weight session on the previous night is recommended.</p> <p>This is prep time to up the quality of work in the afternoon.</p> <p>This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...</p>	<p>Rowing Coaches discretion if this happens - Pre Gym Pure Technical Work - HR < 130 0:45:00 This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...</p> <p>The goal is lightness, relaxation, "easy speed" ...</p>	<p>Coaches discretion on workout order. Some more rest time given the supervised weight session on the previous night is recommended.</p> <p>This is prep time to up the quality of work in the afternoon.</p> <p>This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...</p> <p>The goal is lightness, relaxation, "easy speed" ...</p>	<p>Rowing Pure Technical Work - HR < 130 1:00:00 This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...</p> <p>The goal is lightness, relaxation, "easy speed" ...</p>	<p>Day Off Afternoon OFF 0:00:00 Afternoon off.</p>	
<p>Strength Triphasic Day 1- Week 3 and 4 - Isometric Focus 1:00:00 Monday Medium Intensity Triphasic 80-87% Power - Medball Rotational Throw and Chest Throw 3 x 10 @3-4kg</p> <p>Strength Warm Up for Back Squat and DB Bench Press 1 x 5 @55% 1RM 1 x 3 @65% 1RM 1 x 3 @75% 1RM</p> <p>Strength Main Set 4 x 3 (Triphasic) 0:3:0:0 Back Squat DB Bench Press ½ off the body off bench</p> <p>Set 1 @80% 1RM Set 2 @80% 1RM Set 3 @85% 1RM Set 4 @80% 1RM</p> <p>Note: This should be a hard, challenging effort such as doing 5 minute or 1500 meter pieces. Make sure you are getting good depth on your squats!</p> <p>Core ½ TGU with bridge at elbow 1+1 x 5 Renegade Row 3 x 5+5</p>	<p>The goal is lightness, relaxation, "easy speed" ...</p> <p>Rowing 3 x 5K - 32 1:45:00 UT1/AT - No higher than AT! 20' Warm-up 3 x 5K 10 min rest 2K @ 28, 2K @ 30, 1K @ 32</p> <p>This is a rhythm and power workout. Maximum distance per stroke. 20' Cool down</p>	<p>Strength Dynamic Day 2 Week 3 and 4 1:00:00 Wednesday Heavy Intensity Normal 90-97%</p> <p>Power - Two Arm Swing Dead Swing 5 x (10 x 1)</p> <p>Strength Warm Up for Deadlift and Push Up 1 x 5 @55% 1RM 1 x 3 @65% 1RM 1 x 3 @80% 1RM</p> <p>Push Up - do 5 reps at decline; feet on bench</p> <p>Strength 4 sets Deadlift and Explosive Push Up</p> <p>Set 1 @90% 1RM 1 rep Set 2 @95% 1RM 1 rep Set 3 @95% 1RM 1 rep Set 4 @90% 1RM 1 rep</p> <p>Note: This is your hardest lift day of the week. Think of these reps like a watts test. This is a near maximum effort while making sure you are maintaining excellent technique. The reps are low so you can push yourself and lift heavy.</p> <p>Push Ups do 5 reps</p> <p>Core Partner Paloff Press with Cook Band 6 x 10" Ab Wheel aka Barbell Roll out 3 x 5</p>	<p>Rowing 3 - 4 x 1.5K 1:20:00 Coaches can play with ratings based on perceived technical needs and feel out fatigue levels and needs for a 4th piece.</p> <p>Ideally each piece as a full, aggressive, start 20' Warm-up</p> <p>+ 1st piece: 500 with full start, 500 @ 30, 500 @ 32 10' rest 2nd piece: 500 with full start, 500 @ 32, 500 @ 34 10' rest 3rd piece: 500 with full start, 500 @ 34, 500 @ sprint 10' rest 20' cool down</p>			

18

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

19

Rowing
Erg - 30' easy
0:30:00
Easy rowing.

2 x 1' at 5K pace @ 15'
mark and @ 25' mark

GOAL: Get your mind
ready for the 5K

20

Feb20
5K erg
4 weeks until event

21

Day Off
DAY OFF- Dia Livre
Totally off ... rest, relax
and have fun.
É mesmo para
descansar

22

Bike
150' steady bike
2:30:00
Steady ride.
UT2, BUT this should be
for the bike and
adjusted. Use your UT2
for rowing and subtract
15 - 20 bpm.

23

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

Rowing
60' Steady State
1:03:00
2 x 30': 10' @ 18, 10' @
20, 10' @ 22
Rest 3'
"UT 2"

24

Rowing
4 x 1.5K
1:20:00
1xs
Ideally each piece as a
full, aggressive, start
20' Warm-up
+
1st piece:
500 with full start, 500
@ 30, 500 @ 32
10' rest
2nd piece:
500 with full start, 500
@ 32, 500 @ 34
10' rest
3rd piece:
500 with full start, 500
@ 34, 500 @ sprint
10' rest
4th piece:
500 with full start, 500
@ 34, 500 @ sprint
20' cool down

25

Day Off
Morning OFF
0:00:00
Morning off.

Strength
Triphasic Day 1- Week 5
and 6 - Concentric
Focus
1:00:00
Monday | Medium
Intensity | Triphasic 80-
87%
Power - Medball
Rotational Throw and
Chest Throw
3 x 10 @3-4kg

**Strength Warm Up for
Back Squat and DB
Bench Press**
1 x 5 @55% 1RM
1 x 3 @65% 1RM
1 x 3 @75% 1RM

**Strength| Main Set 4 x 3
(Triphasic) | 0:3:0:0**
Back Squat
DB Bench Press ½ off
the body off bench

Set 1 @80% 1RM
Set 2 @80% 1RM
Set 3 @85% 1RM
Set 4 @80% 1RM

Note: This should be a
hard, challenging effort
such as doing 5 minute
or 1500 meter pieces.
Make sure you are
getting good depth on
your squats!

Core
½ TGU with bridge at
elbow 1+1 x 5
Renegade Row 3 x 5+5

26

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

Rowing
Pure Technical Work -
HR < 130
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" ...

27

Rowing
12 x 1' on 1' off
1:15:00
20' warmup

12 x 1' on, 1' off
20' warmup

Strength
Dynamic | Day 2 | Week
5 and 6
1:00:00
Wednesday | Heavy
Intensity | Normal | 90-
97%

**Power - Two Arm Swing
Dead Swing**
5 x (10 x 1)

**Strength Warm Up for
Deadlift and Push Up**
1 x 5 @55% 1RM
1 x 3 @65% 1RM
1 x 3 @70% 1RM

**Push Up - do 5 reps at
decline; feet on bench**

**Strength 4 sets| Deadlift
and Explosive Push Up**

Set 1 @80% 1RM | 3 rep
Set 2 @85% 1RM | 3 rep
Set 3 @90% 1RM | 2 rep
Set 4 @95% 1RM | 1 rep

Note: This is your
hardest lift day of the
week. Think of these
reps like a watts test.
This is a near maximum
effort while making sure
you are maintaining
excellent technique.
The reps are low so you
can push yourself and
lift heavy.

Push Ups do 5 reps

Core
Partner Paloff Press
with Cook Band 6 x 10"
Ab Wheel aka Barbell
Roll out 3 x 5

28

Bike
150' steady bike
2:30:00
Steady ride.
UT2, BUT this should be
for the bike and
adjusted. Use your UT2
for rowing and subtract
15 - 20 bpm.

Mar 1

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

Strength
Triphasic Day 2 | Weeks
5 and 6 | Concentric
Focus
1:00:00
Friday | Light Intensity |
Triphasic (60%)

**Power - Two Arm Swing
Men | @20-28kg
Women | @16-20kg**
12 x 5 reps every 30" |
Max Power

Strength | 4 x 3
Split Squat (Triphasic)
0:3:0:0
Pullups

Note: Today is your
lightest lift day of the
week. However, fatigue
will be high because it
is towards the end of
the training week and
tomorrow is a hard
rowing session. If you
are tired, today is the
day to go lighter. Give
yourself extra time to
work on recovery such
as foam rolling,
breathing, and flexibility
work.

Core
½ TGU + Bridge at
elbow 1+1 x 5
Men: @12-16kg
Women: @8-12kg
Side Plank Row with
Cook Band 2 x 20

2

Rowing
3 x 2K
1:20:00
Work on mentality of
your 2K as much as
technical and physical
component.

20' Warm-up
+
1st piece:
500 with full start, 500
@ - 6 race cadence, 500
@ - 4 race cadence, 500
@ - 2 race cadence

10' rest
2nd piece:
500 with full start, 500
@ - 4 race cadence, 500
@ - 2 race cadence, 500
@ race pace

10' rest

3rd piece:
500 @ with full start, - 2
race cadence, 500 @
race cadence, 500 @ + 2
- 4 race cadence

20' cool down

3

Day Off
DAY OFF- Dia Livre
Totally off ... rest, relax
and have fun.
É mesmo para
descansar

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

Strength
Triphasic Day 1- Week 5
and 6 - Concentric
Focus
1:00:00
Monday | Medium
Intensity | Triphasic 80-
87%
Power - Medball
Rotational Throw and
Chest Throw
3 x 10 @3-4kg

Strength Warm Up for
Back Squat and DB
Bench Press
1 x 5 @55% 1RM
1 x 3 @65% 1RM
1 x 3 @75% 1RM

Strength| Main Set 4 x 3
(Triphasic) | 0:3:0:0
Back Squat
DB Bench Press ½ off
the body off bench

Set 1 @80% 1RM
Set 2 @80% 1RM
Set 3 @85% 1RM
Set 4 @80% 1RM

Note: This should be a
hard, challenging effort
such as doing 5 minute
or 1500 meter pieces.
Make sure you are
getting good depth on
your squats!

Core
½ TGU with bridge at
elbow 1+1 x 5
Renegade Row 3 x 5+5

Rowing
3 x 500 Water
1:00:00
30' Warm up

1st piece:
Start

10' Rest/Easy rowing

2nd piece:
Middle 500

10' Rest/Easy rowing

3rd piece:
Last 500 (build up)

15' Cool down

Rowing
60' Steady State
1:03:00
2 x 30': 10' @ 18, 10' @
20, 10' @ 22
Rest 3'
"UT 2"

Rowing
Pure Technical Work -
HR < 130
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
Erg - 30' easy
0:30:00
Easy rowing.

2 x 1' at 2K pace @ 15'
mark and @ 25' mark

GOAL: Get your mind
ready for the 2K

Mar9

2K trials
 7 weeks until event

Mar10

2K trials
 7 weeks until event