

2014年2月合宿までのトレーニングメニュー例

3 モーションバージョン

	月	火	水	木	金	土	日
EM	off	Rowing 15km SR:20-22 30strs-hard/10strs-easy x 7 (SR: Race Pace)を含む	Rowing 25km SR:20-22	Rowing Up 6km, 1min-on (Race Speed)/1min-off x 8 x 2 (REST 10min), Down 2km	Rowing 25km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む	Rowing 15km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む	Rowing 20km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む
AM	off (Bike training 20min-on/5min-off x 2, HR: 180-190)	Strength	off	Bike training 30sec (MAX) x 5, REST 5min	off	Strength	Rowing 15km SR:18-20
PM	off	Rowing 20km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む	Strength	Rowing 20km SR:20-22	Strength	Rowing 20km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む	Rowing 20km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む

2 モーションバージョン

	月	火	水	木	金	土	日
EM	off	Rowing 25km SR:20-22 30strs-hard/10strs-easy x 7 (SR: Race Pace)を含む	Rowing 25km SR:20-22 30strs-hard/10strs-easy x 7 (SR: Race Pace)を含む	Rowing Up 6km, 1min-on (Race Speed)/1min-off x 8 x 2 (REST 10min), Down 2km	Rowing 25km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む	Rowing 25km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む	Rowing 25km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む
PM	Strength	Rowing 20km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む	Strength	Rowing 20km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む	Strength	Rowing 25km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む	Rowing 25km SR:20-22 30strs-hard/10strs-easy x 7 x 2(SR: Race Pace)を含む

SR:20での基準タイム

LM1x	2:10/500m
LM2-	2:03/500m
LW1x	2:23/500m
W1x	2:20/500m