

Training Plan Block 1 - U23 & Seniors
Dates: October 26 to November 29

Focus	Starting our 2026/27 season with a focus on building a strong foundation to set up the new season. A lot of the work will focus on low rate pieces (between 20 to 24), whilst maintaining our technique under pressure. We will continue to build our core strength, flexibility and endurance.						
Note	If only have time for 2 sessions per day, combine S&C with either 60min bike or 12km ergo. Sessions in Blue are Recovery Focused (<55% HRR)						
Block 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	10/26	10/27	10/28	10/29	10/30	10/31	11/1
Session 1	Off	Row: Z1 (20km)	Row: Z2 (5min x8 r24) (20km)	Row: Z1 + Z2 (Pyramid 19min x2) (20km)	Row: Z1 (20km)	Row: Z1 + Z2 (5km x 2, r24) (24km)	Row: Z1 + Z2 (15min x4, Rate Step) (20km)
Session 2	U23 Camp Begins + S&C	Core & Stretching	Row: Z1 (12km)	Core & Stretching	S&C	Off	Core & Stretching
Session 3	Boat set-up + Row: Z1 (12km)	Row: Z1 (12-16km)	S&C	Row: Z1 (12-16km)	Row: Z1 (12-16km)	Row: Z1 (16km)	Off
Week 2	11/2	11/3	11/4	11/5	11/6	11/7	11/8
Session 1	Row: Z1 (20km)	Row: Z1 + Z2 (Pyramid 19min x2) 20km	Row: Z1 + Z2 (Castle 20min x2 rate 20-22) 18-20km	Row: Z1 + Z2 (15min x4, Rate Step) (18-20km)	Row: Z1 (18-20km)	Row: Z1 + Z2 LT Piece (20-24km)	Off
Session 2	S&C	Finish U23 Camp	S&C	Erg: Z3 500m x8, 2min Rest	S&C	Erg: Z1 (20min x3)	Off
Session 3	Row: Z1 Water (12-16km)	Cardio: Z1 (120min Bike OR 6km x3 Erg/RP)	Erg: Z1 6km x3, 2min Rest	Off	Cardio: Z1 Bike (120min) + Core & Stretch	Cardio: Z1 Bike (60min) + Core & Stretch	Off
Week 3	11/9	11/10	11/11	11/12	11/13	11/14	11/15
Session 1	Row: Z1 + Z2 (Castle 20min x2 rate 20-22) 18-20km	Row: Z1 (18-20km)	Row: Z2 (5min x8 r24) (20km)	Row: Z1 + Z2 (15min x4, Rate Step) (18-20km)	Row: Z1 (18-20km)	Row: Z1 + Z2 (5km x 2, r26) (20-24km)	Off
Session 2	S&C	Core & Stretching	S&C	Core & Stretching	S&C	Row: Z1 (10km)	Off
Session 3	Cardio: Z1 (120min Bike OR 6km x3 Erg/RP)	Cardio: Z1 (120min Bike OR 6km x3 Erg/RP)	Cardio: Z1 (120min Bike OR 6km x3 Erg/RP)	Off	Cardio: Z1 (120min Bike OR 6km x3 Erg/RP)	Cardio: Z1 Bike (80min) OR 2x6km Erg + Core & Stretch	Off
Week 4	11/16	11/17	11/18	11/19	11/20	11/21	11/22
Session 1	Off	Row: Z1 (20km)	Row: Z1 + Z2 (Pyramid 19min x2) (18-20km)	Row: Z1 (20km)	Row: Z1 (20km)	Row: Zone 1 + Zone 2 (5km x 2, r26) (24km)	Row: Z1 + Z2 (15min x4, Rate Step) (16km)
Session 2	S&C	Core & Stretching	S&C	Row: Z1 Water (12km) + Core & Stretching	S&C	Row: Z1 (10km)	Off
Session 3	Row: Z1 (16km)	Erg: 5km Test	Row: Z1 (12-16km)	Erg: Z3 500m x8, 2min Rest	Row: Z1 (12-16km)	Row: Z1 (12-16km)	Off
Week 5	11/23	11/24	11/25	11/26	11/27	11/28	11/29
Session 1	Row: Z1 + Z2 (Pyramid 19min x2) 18-20km	Row: Z1 (18-20km)	Row: Z2 (5min x8 r24) (20km)	Row: Z1 (18-20km)	Row: Z1 (18-20km)	Head of the Arakawa (5km Trial)	Off
Session 2	S&C	Row: Z1 Water (12km) + Core & Stretching	S&C	Row: Z1 Water (12km) + Core & Stretching	S&C	Core & Stretching	Off
Session 3	Row: Z1 (12-16km)	Row: Z1 (12-16km)	Row: Z1 (12-16km)	Off	Row: Z1 Water (12km) + Core & Stretching	Depart Camp	Off

Session Plan Notes

Zone 2 (Pyramid)	19min x2 (4min r20, 3min r21, 2min r22, 1min r24, 2min r22, 3min r21, 4min r20). Can also include variation of rates between 22 to 30. There is a 4min rest between pieces. Aim is to increase rate through leg speed, and maintain leg speed as rate decreases. Do not achieve rate through rushing the recovery.
Zone 2 (Castle)	This session would include 20min x2 castle work, rate changes between 20 to 22 or 22 to 24. Aim is to increase rate through leg speed, and maintain leg speed as rate decreases. Recovery phase should be relaxed and not rushed.
Zone 2 (Resistance Tube/Rope)	10min x4 rate step with resistance. Rate changes 4min, 3min, 2min, 1min. Rate with tube/rope 18, 20, 22, 26. Rate without tube/rope 20, 22, 24, 28. 1st and 3rd with resistance, 2nd and 4th without resistance. Rest 4min between pieces. Aim is to feel the connection at the catch with and without the resistance. Holding the core, relaxation and pushing the legs (Connect heels with the footplate) are key.
Zone 2 LT Piece (Saturday)	This threshold workout is conducted at rate 26, consists of 2min on, 2min off, 2min on, 2min off, 3min on, 3min off, 4min on, 2min off, 5min on, 1min off, 6min on and finish. Aim is to maintain form; sitting tall and consistently quick leg drive as the workload increases and the recovery periods decrease.
High Rate Water Work	This Session is 8min x4, 4min rest. The 8min is broken down into 2min blocks, 26, 28, 30, 32 rate. Speed work focusing on quick legs and relaxation on the recovery to maintain boat speed. Can also be completed over a 2km course if have access to one, with rate steps per 500m.

Training Zone Notes

Training Zone	Rowing (Water)	Land (Erg/ RowPerfect or Bike)
Zone 1 (Low Intensity)	<55-65% of HRR at rates 18-20	55-65% of HRR
Zone 2 (Threshold)	65-85% of HRR at rates 22-28	65-85% of HRR
Zone 3 (High Intensity)	85%+ of HRR at rates 30+	85%+ of HRR

Calculating Heart Rate Reserve (HRR)

(Maximal HR - Resting HR) * training intensity (% as a numeric ratio ranging 0~1) + Resting HR = Target Heart Rate

Example:

Resting HR: 60

Maximal HR: 200

Training Intensity of 60% (0.6)

Calculation: **(200-60)*0.6 + 60 = 144 BPM**