

**Training Block 4 - Seniors (Asian Games Squad) Dates: June 29 to July 26**

<b>Focus</b>	First training block as we lead into the final 12 weeks before the Asian Games. Focus on a dynamic leg drive, accelerating through the stroke. Feel the hang on the handle at the catch, do not rush this process. Key to remember, <b>Leg Speed = Boat Speed</b> . Handles flow around the finish matching the speed of the boat.						
<b>Note</b>	Sessions in Blue are Recovery Focused (<55% HRR). If only have time for 2 sessions per day, prioritise completing Session 1 and 2. Can combine Session 2 and 3.						
<b>Block 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week 16</b>	<b>6/29</b>	<b>6/30</b>	<b>7/1</b>	<b>7/2</b>	<b>7/3</b>	<b>7/4</b>	<b>7/5</b>
Session 1	Depart Europe	Off	Row: Zone 1 (90min)	Row: Zone 1 + Zone 3 (4min x6, rate 30, rest 6min) (120min total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x4: r28, 30, 30, 32) (120min total)	Off
Session 2	Off	Off	S&C	Land Training: Core & Stretching (60min)	S&C	Row: Zone 1 (60min) Morning Double Session	Off
Session 3	Off	Return to Japan	Cardio: Zone 1 (Bike 75min) + Core & Stretch	Cardio: Zone 1 (Erg 25min x3) + Core & Stretch	Cardio: Zone 1 (Bike 75min) + Core & Stretch	Cardio: Zone 1 (Bike 75min) + Core & Stretch	Off
<b>Week 17</b>	<b>7/6</b>	<b>7/7</b>	<b>7/8</b>	<b>7/9</b>	<b>7/10</b>	<b>7/11</b>	<b>7/12</b>
Session 1	Row: Zone 1 (120min)	Row: Zone 1 + Zone 2 Resistance Work (10min x 4) (120min)	Row: Zone 1 + Zone 3 (4min x6, rate 30, rest 6min) (90min total)	Row: Zone 1 + Zone 3 (20 strokes above RP/ 10 off x10) x2 (120min total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x4: r28, 30, 30, 32) (120min total)	Off
Session 2	S&C	Land Training: Core & Stretching (60min)	S&C	Land Training: Core & Stretching (60min)	S&C	Row: Zone 1 (60min) Morning Double Session	Off
Session 3	Cardio: Zone 1 (Erg 25min x3)	Cardio: Zone 1 (Bike 75min) + Stretch	Cardio: Zone 1 (Erg 25min x3)	Off	Cardio: Zone 1 (Bike 75min) + Stretch	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off
<b>Week 18</b>	<b>7/13</b>	<b>7/14</b>	<b>7/15</b>	<b>7/16</b>	<b>7/17</b>	<b>7/18</b>	<b>7/19</b>
Session 1	Row: Zone 1 (120min)	Row: Zone 1 + Zone 2 Resistance Work (10min x 4) (120min)	Row: Zone 1 + Zone 3 (4min x6, rate 30, rest 6min) (90min total)	Row: Zone 1 + Zone 3 (500m x8 Race Pace, 2min rest) (120min total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x3: r26, 28, 30, 36) (120min total)	Off
Session 2	S&C	Land Training: Core & Stretching (60min)	S&C	Land Training: Core & Stretching (60min)	S&C	Row: Zone 1 (60min) Morning Double Session	Off
Session 3	Cardio: Zone 1 (Erg 25min x3)	Cardio: Zone 1 (Bike 75min) + Stretch	Cardio: Zone 1 (Erg 25min x3)	Off	Cardio: Zone 1 (Bike 75min) + Stretch	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off

Week 19	7/20	7/21	7/22	7/23	7/24	7/25	7/26
Session 1	Row: Zone 1 (120min)	Row: Zone 1 + Zone 2 Resistance Work (10min x 4) (120min)	Row: Zone 1 + Zone 3 (4min x6, rate 30, rest 6min) (90min total)	Row: Zone 1 + Zone 3 (20 strokes above RP/ 10 off x10) x2 (120min total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x3: r26, 28, 30, 36) (120min total)	Off
Session 2	S&C	Land Training: Core & Stretching (60min)	S&C	Land Training: Core & Stretching (60min)	S&C	Row: Zone 1 (60min) Morning Double Session	Off
Session 3	Cardio: Zone 1 (Erg 25min x3)	Cardio: Zone 1 (Bike 75min) + Stretch	Cardio: Zone 1 (Erg 25min x3)	Off	Cardio: Zone 1 (Bike 75min) + Stretch	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off

### Session Plan Notes

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 through the hips whilst engaging the gluteal muscles (Connect heels with the footplate before push).
Zone 3 1000m or 4min x6	This session is completing 1000m x6 at rate 30 with 6min recovery between pieces. Rowers begin each piece from a race start, and the aim is to then transition into a rate and rhythm that achieves length on the recovery phase. The key is to work on separation, keeping the body still at the finish as hands flow with the boat run. This contrast will allow the body to achieve maximum run between strokes.
Zone 3 2km or 8min x4	This Session is 2km x4, where rest period is active rowing back to starting point. The 2km can be completed in a number of variations, from rate step every 500m (eg r26,28,30,32), to single rate per 2km piece (eg piece 1 at 26, piece 2 at 28 etc...). Begin every piece off a 15 stroke race-start. The aim is to maintain leg speed off the start and achieve consistency with splits, achieved by holding technique as fatigue sets in.
Zone 3 (20 on/10 off x8)x2	This session is built to work on maximum boat speed. Rowers are to rate above race pace for 20 strokes, then row light for 10 strokes. This is repeated 8 times. After 10minutes of Zone 1 rowing, rowers are to repeat the workload.

### 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**