

Training Block 5 - Seniors (Asian Games Squad) Dates: July 27 to August 30

Focus	Second training block as we lead into the final 8 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, Leg Speed = Boat Speed . Handles flow around the finish matching the speed of the boat.						
Note	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.						
Block 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 20	7/27	7/28	7/29	7/30	7/31	8/1	8/2
Session 1	Row: Zone 1 (90min)	Row: Zone 1 + Zone 2 Resistance Work (10min x 4) (120min)	Row: Zone 1 (90min)	Row: Zone 1 + Zone 3 (1250m x6, rate 30, rest 5min) (90min total)	Row: Zone 1 (90min)	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 20min x3)	Cardio: Zone 1 (Bike 60min) + Stretch	Cardio: Zone 1 (Erg 20min x3)	Off	Cardio: Zone 1 (Erg 20min x3)	Off	Off
Week 21	8/3	8/4	8/5	8/6	8/7	8/8	8/9
Session 1	Row: Zone 1 (120min)	Row: Zone 1 + Zone 2 Resistance Work (10min x 4) (120min)	Row: Zone 1 + Zone 3 (1250m x6, rate 30, rest 5min) (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 (Bike 75min) + Stretch	Off	Cardio: Zone 1 (Erg 25min x3)	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off
Week 22	8/10	8/11	8/12	8/13	8/14	8/15	8/16
Session 1	Row: Zone 1 + Zone 2 Resistance Work (10min x 4) (120min)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1250m x6, rate 30, rest 5min) (90min total)	Row: Zone 1 + Zone 3 (500m x8 Race Pace, 2min rest) (120min total)	Row: Zone 1 + Race Start Practice (120min)	Row: Zone 1 + 2000m Race Simulation (120min Total)	Off
Session 2	Land Training: Core & Stretching (60min)	S&C	Land Training: Core & Stretching (60min)	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 (Bike 75min) + Stretch	Off	Cardio: Zone 1 (Erg 25min x3)	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off
Week 23	8/17	8/18	8/19	8/20	8/21	8/22	8/23
Session 1	Row: Zone 1 + Zone 2 Resistance Work (10min x 4) (120min)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1250m x6, rate 30, rest 5min) (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	Land Training: Core & Stretching (60min)	S&C	Land Training: Core & Stretching (60min)	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 75min) + Core & Stretch	Off

Week 24	8/24	8/25	8/26	8/27	8/28	8/29	8/30
Session 1	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1000m + 500m Race Pace) (90min total)	Row: Zone 1 (90min)	Row: Zone 1 + Zone 3 (20 strokes above RP/ 10 off x10) x2 (90min total)	Row: Zone 1 + Race Start Practice (60min)	Time Trial	Time Trial
Session 2	S&C	Land Training: Core & Stretching (60min)	S&C	Land Training: Core & Stretching (60min)	Off	Time Trial	Time Trial
Session 3	Cardio: Zone 1 (Erg 20min x3)	Cardio: Zone 1 (Bike 75min) + Stretch	Cardio: Zone 1 (Erg 20min x3)	Off	Off	Time Trial	Time Trial

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. Rest is 6min between pieces.
Zone 3 1250m x6	This session is completing 1250m x6 at rate 30 with 5min 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, repeat the workload.
2000m Simulation	Warm up on land beforehand, and then launch boats 40min before a chosen start time. Warm up as you would on race-day. Complete the 2000m Race Simulation. Finish session with Zone 1 Rowing.

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)

$(\text{Maximal HR} - \text{Resting HR}) \times \text{training intensity (\%, as a numeric ratio ranging 0-1)} + \text{Resting HR} = \text{Target Heart Rate}$

Example:

Resting HR: 60

Maximal HR: 200

Training Intensity of 60% (0.6)

Calculation: $(200-60) \times 0.6 + 60 = 144 \text{ BPM}$