

Training Plan Block 5 - Seniors (World Champs) Dates: August 3 to August 30

Focus	Final training camp in the lead up to the World Championships in Amsterdam. Continue to push for boat speed as we begin to deload the training volume.						
Note	Sessions in Blue are Recovery Focused (<55% HRR). Finish every session with some 20 stroke race builds and 10-15 stroke race starts, focusing on building boat speed up naturally without rushing the recovery.						
Block 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 21	8/3	8/4	8/5	8/6	8/7	8/8	8/9
Session 1	Depart Japan	Arrive Aiguebelette	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1250m x6, rate 30, rest 5min) (120min total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x3: r26, 28, 30, 36) (120min total)	Off
Session 2	Off	Row: Zone 1 (90min)	S&C	Land Training: Core & Stretching (60min)	S&C	Row: Zone 1 (60min) Morning Double Session	Off
Session 3	Arrive Europe	Land Training: Core & Stretching (60min)	Row: Zone 1 (75min)	Row: Zone 1 (75min)	Off	Cardio: Zone 1 (Bike/ Erg 75min) + 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) (90min)	Row: Zone 1 (90min)	Row: Zone 1 + Zone 3 (1250m x6, rate 30, rest 5min) (90min total)	Row: Zone 1 + Zone 3 (20 strokes above RP/ 10 off x8) x2 (90min total)	Row: Zone 1 (90min)	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	Row: Zone 1 (60min)	Off	Row: Zone 1 (60min)	Row: Zone 1 (60min)	Off	Land Training: Core & Stretching (60min)	Off
Week 23	8/17	8/18	8/19	8/20	8/21	8/22	8/23
AM 1	Row: Zone 1 + Race Start Practice (100min)	Row: Zone 1 (90min)	Row: Zone 1 + Zone 3 (250m x 6) (90min)	Off	Off	Off	Row: Zone 1 (75min) (M1x only)
AM 2	Land Training: Core & Stretching (60min)	S&C	Depart Aiguebelette	Boat Rigging	Core & Stretching	Core & Stretching	Core & Stretching
PM 1	Off	Off	Arrive Amsterdam	Row: Zone 1 (90min)	Row: 1000m + 500m Race Pace (75min)	Row: Zone 1 + Zone 3 (20 on/ 10 off x 8) (75min)	Row: Zone 1 + Race Start Practice (60min)
Week 24	8/24	8/25	8/26	8/27	8/28	8/29	8/30
AM 1	Pre-Row (45min) (W2-only)	Off	Pre-Row (45min)	Off	Pre-Row (45min)	Pre-Row (45min)	Pre-Row (45min)
AM 2	M1x Training (60min)	Off	Off	Off	Off	M1x Finals (D, C)	Off
PM 1	W2- Heats	Afternoon Row (M1x/W2-) (60min)	M1x Heats & W2- Semi-Finals or Finals (C)	Afternoon Row (M1x/W2-) (60min)	M1x Quarter Finals or Finals (F, E) & W2- Finals (B, A)	M1x Semi-Finals	M1x Finals (B, A)

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**