

Training Plan Block 4 - U23 (Part 2)
Dates: July 6 to July 26

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|----------------|--|--|--|---|----------------------|--|-----------------------------------|
| Focus | Final training camp leading up to the U23 World Rowing Championships. This will include a race simulation, an opportunity to reinforce the skills developed over the past few months. Continue to refine our blade work and develop our drive phase speed. | | | | | | |
| Note | Sessions in Blue are Recovery Focused (<55% HRR) | | | | | | |
| Block 4 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 17 | 7/6 | 7/7 | 7/8 | 7/9 | 7/10 | 7/11 | 7/12 |
| AM 1 | Off | Row: Zone 1 (120min total) | Row: Zone 1 + Zone 3 (1000m x6, rate 30, rest 6min) (120min total) | Row: Zone 1 + Zone 3 (20 strokes above RP/ 10 off x10) x2 (90min total) | Row: Zone 1 (120min) | Row: Raceday Pre-Row (60min) | Off |
| AM 2 | Arrive Mihama | S&C | Cardio: Zone 1 (Bike 60min) + Core & Stretch | Off | S&C | Row: Race Simulation 2000m | Off |
| PM | Row: Zone 1 (90min) | Row: Zone 1 (75min) | Row: Zone 1 (60min) | Row: Zone 1 (60min) | Row: Zone 1 (75min) | Cardio: Zone 1 (Bike 60min) + Core & Stretch | Off |
| Week 18 | 7/13 | 7/14 | 7/15 | 7/16 | 7/17 | 7/18 | 7/19 |
| AM 1 | Row: Zone 1 (90min) | Row: Zone 1 + Zone 3 (1000m x6, rate 30, rest 6min) (120min total) | Row: Zone 1 (90min) | Row: Zone 1 + Zone 3 (20 strokes above RP/ 10 off x10) x1 (75min total) | Arrive Dusseldorf | Erg: Zone 1 (25min x3, 2min rest) | Erg: Zone 1 (20min x3, 1min rest) |
| AM 2 | S&C | Cardio: Zone 1 (Bike 60min) + Core & Stretch | S&C | Return to Tokyo | Arrive Duisberg | Core & Stretching | Stretching |
| PM | Row: Zone 1 (75min total) | Row: Zone 1 (60min total) | Row: Zone 1 (75min) | Depart Haneda | Off | Cardio: Zone 1 (30min x2, 1min rest) | Off: Boat Rig |
| Week 19 | 7/20 | 7/21 | 7/22 | 7/23 | 7/24 | 7/25 | 7/26 |
| AM 1 | Row: Zone 1 + Zone 3 (1000m + 500m) (90min) | Row: Zone 1 + Zone 3 (250m x6) (90min) | Row: Zone 1 + Race Start Practice (60min) | U23 Worlds | U23 Worlds | U23 Worlds | U23 Worlds |
| AM 2 | Stretching | Off | Off | U23 Worlds | U23 Worlds | U23 Worlds | U23 Worlds |
| PM | Row: Zone 1 (60min) | Core & Stretching | Core & Stretching | U23 Worlds | U23 Worlds | U23 Worlds | Off |

Session Plan Notes

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|----------------------------|---|
| Zone 3 1000m x6 | This session is completing 1000m x4 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 (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)

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

Example:

Resting HR: 60

Maximal HR: 200

Training Intensity of 60% (0.6)

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