

Training Plan Block 1 - Seniors
Dates: March 16 to April 26

Focus	<i>Building a consistent training routine and structure, with strong focus on core strength and flexibility. Workloads focusing on developing leg speed, achieved through good posture (Sitting tall, relaxed shoulders) and sequencing during the recovery phase to prepare the athletes for a connected but relaxed catch position.</i>						
Note	Sessions in Blue are Recovery Focused (<55% HRR)						
Block 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	3/16	3/17	3/18	3/19	3/20	3/21	3/22
Session 1	Off	Zone 1 Water (120min)	Zone 1 + Zone 2 (Pyramid 19min x2) Water 120min	Off	Zone 1 Water (120min)	Zone 1 + Zone 2 Threshold Piece (Water 120min)	Off
Session 2	Camp Briefing	Core & Stretching	S&C	Zone 3 - 8x500m, rest x2 workload duration	S&C	Zone 1 (Water 60min)	Off
Session 3	Zone 1 (60min Row or Erg 20min x3, 2min rest)	Zone 2 Erg (2km x3 step rate) 4min rest. 2x r22-28, 1x r24-30	Zone 1 Water (90min)	Zone 1 Water (75min) + Core & Stretch	Zone 1 Water (90min)	Zone 1 Bike (60min) + Core & Stretch	Off
Week 2	3/23	3/24	3/25	3/26	3/27	3/28	3/29
Session 1	Zone 1 + Zone 2 (Resistance Work 10min x4) Water 120min	Zone 1 Water (120min)	Zone 1 + Zone 2 (Pyramid 19min x2) Water 120min	Off	Zone 1 Water (120min)	Zone 1 + 8min x4 High Rate Work (Water 120min)	Off
Session 2	S&C	Core & Stretching	S&C	Zone 3 - 500m x8, rest x2 workload duration	S&C	Zone 1 Erg (20min x3)	Off
Session 3	Zone 1 Water (90min)	Zone 2 Erg (5min x6, Rate 24~26, 4min rest)	Zone 1 Water (90min)	Zone 1 Water (75min) + Core/Stretch	Zone 1 Water (90min)	Zone 1 Bike (60min) + Core & Stretch	Off
Week 3	3/30	3/31	4/1	4/2	4/3	4/4	4/5
Session 1	Zone 1 + Zone 2 (Castle 20min x2 rate 20-22) Water 120min	Zone 1 Water (120min)	Zone 1 + Zone 2 (Castle 20min x2 rate 22-24) Water 120min	Off	Zone 1 Water (120min)	Zone 1 + Zone 2 Threshold Piece (Water 120min)	Off
Session 2	S&C	Core & Stretching	S&C	Zone 3 - 500m x10, rest x2 workload duration	S&C	Zone 1 Water (60min)	Off
Session 3	Zone 1 Cardio (90min Bike OR 30min x2 Erg/RP)	Zone 2 Erg (2km x3 step rate) 4min rest. 1x r22-28, 1x r24-30, 1x r26-32.	Zone 1 Cardio (90min Bike OR 30min x2 Erg/RP)	Zone 1 Erg 6km x3 (75min) + Core & Stretch	Zone 1 Cardio (90min Bike OR 30min x2 Erg/RP)	Zone 1 Bike (60min) + Core & Stretch	Off
Week 4	4/6	4/7	4/8	4/9	4/10	4/11	4/12
Session 1	Zone 1 + Zone 2 (Resistance work 10min x4) Water 120min	Zone 1 Water (120min)	Zone 1 + Zone 2 (Pyramid 19min x2) Water 120min	Off	Zone 1 + Zone 2 (Castle 20min x2 rate 20-22) Water 120min	Zone 1 + 2km x4 High Rate Work (Water 120min)	Off
Session 2	S&C	Core & Stretching	S&C	Zone 3 - 500m x10, rest x2 workload duration	S&C	Zone 1 Water (60min)	Off
Session 3	Zone 1 Water (100min)	Zone 2 Erg (5min x6, Rate 24~26, 4min rest)	Zone 1 Water (100min)	Zone 1 Water (75min) + Core & Stretch	Zone 1 Water (120min)	Zone 1 Bike (80min) + Core & Stretch	Off

Week 5	4/13	4/14	4/15	4/16	4/17	4/18	4/19
Session 1	Zone 1 + Zone 2 (Resistance work 10min x4) Water 120min	Zone 1 Water (120min)	Zone 1 + Zone 2 (Pyramid 19min x2) Water 120min	Off	Zone 1 + Zone 2 (Castle 20min x2 rate 20-22) Water 120min	Zone 1 + 2km x4 High Rate Work (Water 120min)	Off
Session 2	S&C	Core & Stretching	S&C	Zone 3 - 500m x12, rest x2 workload duration	S&C	Zone 1 Water (60min)	Off
Session 3	Zone 1 Water (120min)	Zone 2 Erg (2km x3 step rate) 4min rest. 2x Rate 24-30, 1x r26-32.	Zone 1 Water (120min)	Zone 1 Water (75min) + Core & Stretch	Zone 1 Water (120min)	Zone 1 Erg 6km x3 (75min) + Core & Stretch	Off
Week 6	4/20	4/21	4/22	4/23	4/24	4/25	4/26
Session 1	Zone 1 + Zone 2 (Castle 20min x2 rate 20-22) 90min Water	Zone 1 Water (120min)	Zone 1 + Zone 2 (Castle 20min x2 rate 22-24) Water 120min	Off	Zone 1 Water (120min)	Zone 1 + 8min x4 High Rate Work (Water 90min)	Off
Session 2	S&C (Deload Week)	Core & Stretching	S&C (Deload Week)	Zone 3 - 500m x8, rest x2 workload duration	S&C (Deload Week)	Zone 1 Water (60min)	Off
Session 3	Zone 1 Cardio (80min Bike OR 6km x3 Erg/RP)	Zone 2 Erg (6x5min, Rate 24~26, 4min rest)	Zone 1 Cardio (80min Bike OR 6km x3 Erg/RP)	Core & Stretching	Zone 1 Cardio (80min Bike OR 6km x3 Erg/RP)	Core & Stretching	Off

Session Plan Notes

Zone 2 (Pyramid)	19min x2 (4min r20, 3min r22, 2min r24, 1min r26, 2min r24, 3min r22, 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 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 (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**