

Training Plan

		Week 3						
		Monday 23/11/2020	Tuesday 24/11/2020	Wednesday 25/11/2020	Thursday 26/11/2020	Friday 27/11/2020	Saturday 28/11/2020	Sunday 29/11/2020
Primary Session	Rest		3 x 20' UT2	3', 2', 1', 30sec, 15sec with rest 6', 4', 2', 1'**	2 x 20', 5' rest Intervals: 3' UT2, 2' UT1		6x500m, 2' rest	2 x 20' UT2
Optional Session			20' UT2 with 20 strokes flat out every 4'	2x20 mins UT3			2x20 mins UT3	Core and stretching (see RP3 Blog)

		Week 4						
		Monday 30/11/2020	Tuesday 01/12/2020	Wednesday 02/12/2020	Thursday 03/12/2020	Friday 04/12/2020	Saturday 05/12/2020	Sunday 06/12/2020
Primary Session	2x20 mins UT3	Rest	2 x 20' UT2	2 x 1k at race pace, 10' easy rowing in between			30' UT2 Incl. Bursts at pace	2000m RP3 Race START TIMES TBC
Optional Session	10 x 250m, 30" rest, 5 min rest after the 5th	2x20' UT2	30' UT3	30' UT3				

Training Zone Guide			Suggested Stroke Rate
Zone 1	UT3	Active Recovery	16-19
Zone 2	UT2	Steady State	18-20
Zone 3	UT1	Tempo	20-24
Zone 4	AT	Anearobic Threshold	24-28
Zone 5	TR	Oxygen Transportation	29-34
Zone 6	AN	Anaerobic	35+

Key & Notes:

' = minutes

** do 3 mins flatout with 6 mins rest, then 2 mins flat out with 4 mins rest and so on

Bursts - 10 - 20 strokes at race pace or above