

Training Plan Weeks 1 and 2

Week 0		
	Saturday 07/11/2020	Sunday 08/11/2020
Primary Session	Stroke rate pyramid*: 4',3',2',1',2',3',4'	2 x 20', 2' rest UT2
Optional Session	Rates: 20,22,24,26,24,22,20	Extra 20' UT2

Week 1							
	Monday 09/11/2020	Tuesday 10/11/2020	Wednesday 11/11/2020	Thursday 12/11/2020	Friday 13/11/2020	Saturday 14/11/2020	Sunday 15/11/2020
Primary Session	2 x 20', 5' rest intervals: 3' UT2, 2' UT1	Rest	3 x 20', 2' rest UT2	20' rate build: 10'@24, 5'@26, 3'@28, 2'@30	Rest	2 x 20', 2' rest UT2	4 x 1500m, 3' rest 5000m target pace
Optional Session			Extra 20' UT2	2x20' UT3		20' including 5x30 stroke bursts at 5000m pace	2 x 20' UT3

Week 2							
	Monday 16/11/2020	Tuesday 17/11/2020	Wednesday 18/11/2020	Thursday 19/11/2020	Friday 20/11/2020	Saturday 21/11/2020	Sunday 22/11/2020
Primary Session	Rest	Stroke rate pyramid*: 4',3',2',1',2',3',4' Rates: 24,26,28,30,28,26,24	5 x 1000m, 2' rest	2 x 20', 2' rest UT2	Rest	2 x 20', 2' rest UT2 including 2 x 250m at 5000m target pace	5000m RP3 Race 9:00am UK time start, please enter race room by 8:50am
Optional Session	3 x 20', 2' rest UT2		2 x 20' UT3	Extra 20' UT2			

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	29-35
Zone 6	AN	Anaerobic	35+

Key:

' = minutes

Stroke rate pyramid - row without breaks but change rate every indicated minute, eg. After 4mins change from rate 24 to 26