

Ergo Session	On Water Session	Fitness Session	▶ Video to watch
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Block 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Date:		Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Video-watch before session	▶ Posture	▶ The Rowing Stroke	▶ Catch	▶ Parts of the Boat	▶ Heel Ties- Vital Info	▶ First things to learn	
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Feathering with fingers Lazy feather Stable boat if possible Don't rush, do it well	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Rowing Machine - Posture and core - No arm grab - No Shoulder lift	OFF	Rowing Machine - Catch lesson - Core on - Relaxed shoulders	On Land - Feather & grip - Dry trainer - Boatshed and gear	OFF	OFF	OFF
Evening – Video/Exercise		▶ Use the Dry Trainer	▶ Rowing Stroke Chart	▶ Boat setup on water			

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 8 Date:							
Video-watch before session	▶ Second Item	▶ Rowing Lights	▶ Stretching	▶ Safety – Bow Balls	▶ Posture & Pauses	▶ Oar Care & Adjust	
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Straight arms Feathering with fingers Sit Tall Lazy feather	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Posture sequence Feathering with fingers Lazy feather All crew together	OFF	Fitness - Stretching - Hamstrings, Glutes & Hip Flexors	Rowing Machine - Continue posture - Practice core on drill - No grab	OFF	OFF	OFF
Evening – Video/Exercise			▶ Issue - Rigging High	▶ Stretching - at Home			▶ Stretching - at Home

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 15 Date:							
Video-watch before session	▶ Fitness & Technique			▶ Finish	▶ First Time in Boat		
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Feathering with fingers Apply more leg power Elbows out at finish Posture Sequence	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Very upright posture Feathering with fingers Slow down the slide Controlled movement	OFF	Slow down the slide Almost no body swing Lazy feather Relaxed grip	Rowing Machine - Finish Lesson - Relaxed - Pelvis vertical	OFF	OFF	OFF
Evening – Video/Exercise	▶ Hamstring fix- 2 wks			▶ Stretching - at Home	▶ Capsize Drills		▶ Stretching - at Home

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 22 Date:							
Video-watch before session	▶ Basic Catch & Finish			▶ Catch Connection			
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Controlled recovery No grab, arms or shoulder Increase leg drive Basic catch drills	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Basic catch drills Posture sequence Lazy feather Lift handle then push	OFF	Core turned on at catch Lazy feather Controlled rowing Basic finish drills	Rowing Machine - Catch Connection - Core on - Heels down	OFF	OFF	OFF
Evening – Video/Exercise	▶ Stretching - at Home			▶ Stretching - at Home			▶ Stretching - at Home

Comments: