

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 29 Date:		Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Video-watch before session			▶ Core – Important	▶ Rhythm		▶ Sculling Balance Drill	
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Focus on timing Controlled recovery Lazy feather Power on with legs	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Increased power Lazy feather Controlled recovery Don't push too hard	OFF	Fitness - Core Session	Rowing Machine - Rhythm - Relaxation - Flowing movements	OFF	OFF	OFF
Evening – Video/Exercise		▶ Stretching - at Home		Stretching - at Home	Core - Session at Home		Stretching - at Home

	Day 36 Date:	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Video-watch before session				▶ Catch Connection	▶ Rollups		
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Stable boat – Rollups One person to balance & Lazy feather rowing Practice place and push	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Focus on Rhythm Flowing movements Posture sequence Match boat speed	OFF	Balance drills in singles, doubles or quads if you can No sudden movements	Rowing Machine - Catch Connection - Core on - Heels down	OFF	OFF	OFF
Evening – Video/Exercise	Core - Session at Home	Stretching - at Home		Stretching - at Home	Core - Session at Home		Stretching - at Home

	Day 43 Date:	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
Video-watch before session							
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Stable boat-oars off water One person to balance Feathering with fingers Video - Blades off water	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Stable boat – Rollups One person to balance Feathering with fingers Sitting tall	OFF	Stable boat – Rollups One person to balance Oar near water at catch Posture sequence	Rowing Machine - Rhythm - Relaxation - Flowing movements	OFF	OFF	OFF
Evening – Video/Exercise	Core - Session at Home	Stretching - at Home		Stretching - at Home	Core - Session at Home		Stretching - at Home

	Day 50 Date:	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
Video-watch before session							
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Focus on the catch Feel for the connection Relaxed grip & shoulders Video–Catch&Connection	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Stable boat-oars off water One person to balance Posture sequence Stable boat - Rollups	OFF	Oars off water sometime Feathering with fingers Relaxed grip & shoulders Flowing movement	Rowing Machine - Set piece - for example; 15 minutes at rate 16	OFF	OFF	OFF
Evening – Video/Exercise	Core - Session at Home	Stretching - at Home		Stretching - at Home	Core - Session at Home		Stretching - at Home

Comments: