

Ergo Session	On Water Session	Fitness Session	▶ Video to watch
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Block 3

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Day 57 Date:		Day 58	Day 59	Day 60	Day 61	Day 62	Day 63
Video-watch before session		▶ Control & Rhythm					
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Slow down the slide Relaxed and quick catch Gentle initial drive Accelerate to the finish	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Oars off the water Relaxed catch Gentle initial drive Accelerate to the finish	OFF	Focus on Rhythm Slow down the slide Accelerate to the finish Video-Rhythm in the Boat	Rowing Machine - Rhythm - Relaxation - Flowing movements	OFF	OFF	OFF
Evening – Video/Exercise	▶ Core – Important	▶ Stretching - at Home		Stretching - at Home	Core - Session at Home		Stretching - at Home

	Day 64 Date:	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
Video-watch before session	▶ Racing & Race Day		▶ Racing Starts				
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Gentle initial drive Accelerate to the finish Starts Practice with Transition to Race Pace	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Quick Catch Gentle initial drive Accelerate to the finish Slow down the slide	OFF	Quick catch Rhythm in the boat Control the recovery Starts Practice	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

	Day 71 Date:	Day 72	Day 73	Day 74	Day 75	Day 76	Day 77
Video-watch before session							
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Race Practice How to Maintain speed in the Middle of Race Let the boat run	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Maintain the Rhythm Race Practice - Burst and rating increase practice	OFF	Race Practice Transition from mid race pace to finish pace Controlled recovery	Rowing Machine - Catch lesson - Core on - Relaxed shoulders	OFF	OFF	OFF
Evening – Video/Exercise	Core - Session at Home	Stretching - at Home		Stretching - at Home	Core - Session at Home		Stretching - at Home

	Day 78 Date:	Day 79	Day 80	Day 81	Day 82	Day 83	Day 84
Video-watch before session							
Morning Session Time:	OFF	OFF	OFF	OFF	OFF	Finish Practice – how to rate Don't chase length Short sharp strokes	Fitness - Run 30min or - Bike Ride 60min
Afternoon Session Time:	Quick Catch Gentle initial drive Accelerate to the finish Slow down the slide	OFF	Technique to deal with a mid-race challenge Technique then push. Quick catch	Rowing Machine - Set piece - for example, 15 minutes at rate 22	OFF	OFF	OFF
Evening – Video/Exercise	Core - Session at Home	Stretching - at Home		Stretching - at Home	Core - Session at Home		Stretching - at Home

Comments: