

## Daily Training Programme – Elite Rowing Group Month: April

Day	Program	Recovery	HRate	% Max	Cadence	Km
M	Steady State		130-150	65-75 UT2/UT1	18-22	14 to 20
T	4 x 5'	4'-5'	180-190	90-95 TR	26-28	12 to 16
W	2 x (10 x 30on/20off)	8'	180-190	90-95 AN	26-28	10 to 16
W (alt)	(repeat Mon)		(130-150)	(65-75) UT2/UT1	(18-22)	(14 to 20)
Th	3 x 4'-3'-2'-1'	8'-10'	160-190	80-95 AT/TR	26-32	10 to 14
F	6-8 x 3'	2'-4' (or 'til HR <100)	180-190	90-95 TR	28-34	12 to 16
F (alt)	(repeat Mon)		(130-150)	(65-75) UT2/UT1	(18-22)	(14 to 20)
Sa	4x 3',2',1',1'		170-180	85-95 AT/TR	30,32,34 & 36	16 to 20
Sa (alt)	2-3 x 4'-3'-2'- 1'	8'-10'	160-190	80-95 AT/TR	24-30	10 to 14
Sa (alt) (alt)	Rest					
Su	3 x 2000m	4'-6'	180-190	90-95 TR	32-34	10 to 12
Su (alt)	2-3 x 12'	8'	170-180	85-90 AT	28-30	12 to 14
Su (alt) (alt)	Rest					

### Notes:

- 1) Ten to 15 minutes of stretching and flexibility before and after each training session.
- 2) Other than steady state, all workouts begin with 2-3k technical warm-up.
- 3) Fit in one power erg session, if applicable.