

| Dec 2009 | Monday | Tuesday | Wednesday | Thursday | Friday | Sat/Sun |
|-------------------------------------|--|--|--|--|---|--------------|
| [12/21] WEEK 8 | <i>Anaerobic Power</i> 15' warm up; 2 x 400m AFAP with 5:00 rest between; 2 x 10' @ 18,20,22,24 | A) <i>Aerobic Power Progression</i> 10' warm up. 3 x 13:20@T.P. / 2:35 rest between, rate 26. If you feel good, you can take the split down on the last piece. | 4,3,2,1 at 18,20,22,24. 12' @TP+12, 10' @TP+10, 8' @TP+8 3' rest. 6' @TP +8, 3' @TP+4, 1' @TP. | A) <i>VO2Max/2k Prep.</i> Race warm- up, followed by 6 x 2:00on/2:00 easy @ rate 32-34, Row first 5 @ 7' pace. | <i>Anaerobic Power</i> 15' warm up; 2 x 400m AFAP with 5:00 rest between; 10' easy. | Row/Run/Bike |
| | | B) 3 x 10' (4',3',2',1' at 18,20,22,24) UT2-->UT1 | | B) 4x10' (4',3',2',1' at 18,20,22,24) UT2-->UT1 | | |
| [12/28] WEEK 9 | <i>Anaerobic Power</i> 15' warm up; 2 x 400m AFAP with 5:00 rest between; 2 x 10' @ 18,20,22,24 | A) <i>Aerobic Power Progression</i> 10' warm up. 2 x20'@T.P. /4' rest between, rate 26. If you feel good take the split down in the last 10'' of piece #2. 10' easy. | 16' @TP+16, 12' @TP+12, 10' @TP+8, 8' @TP+6, 6' @TP+4, 4' @TP+2. Rates 20-26 | A) <i>VO2Max/2k Prep.</i> Race warm- up, followed by 6 x 2:00on/2:00 easy @ rate 32-34, Row first 5 @ 7' pace. | <i>Anaerobic Power</i> 15' warm up; 2 x 400m AFAP with 5:00 rest between; 10' easy. | Row/Run/Bike |
| | | B) 20' @TP+8, rate 22/2' rest. 15' @TP+6, rate 23/2' rest. 10' @TP+4, rate 24. | | B) 3x19' (4',3',2',1',2',3', 4' at 18-->24-- >18) | | |

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| [1/4] WEEK 10 | <i>Anaerobic Power</i> 15' warm up. 1 x 1' AFAP. 1 x 30' @ 18-22. | A) <i>Aerobic Power Progression</i> 10' warm up. 1 x 40' AFAP, rate 26. | 16' @TP+16, 12' @TP+12, 10' @TP+8, 8' @TP+6, 6' @TP+4, 4' @TP+2. Rates 20-26 | A) <i>VO2Max/2k Prep.</i> Race warm-up, followed by 4 x 3:00on/3:00 easy @ rate 32-34, Row first 3 @ 7' pace. 10' easy. | <i>Anaerobic Power</i> 15' warm up. 1 x 1' AFAP. 1 x 30' @ 18-22. | Row/Run/Bike |
| | | B) 20' @TP+8, rate 22/2' rest. 15' @TP+6, rate 23/2' rest. 10' @TP+4, rate 24. | | B) 4x10' (4',3',2',1' at 18,20,22,24) UT2-->UT1 | | |
| [1/11] WEEK 11 | <i>Anaerobic Power</i> 15' warm up; 5 x 10 secs. AFAP with 1:50 rest between; 2 x 4,3,2,1 @ 18,20,22,24 | A) <i>Aerobic Power Progression</i> No aerobic power this week. 10' warm up. 4 x 10' @ 4,3,2,1 at 18-24. | 2 x 10' (4',3',2',1' at 18,20,22,24) UT2-->UT1-->AT, alternating with 8' easy bike (1' down, 1' up, etc.). Total 36' work. | A) <i>VO2Max/2k Prep.</i> Race warm-up, followed by 3 x 4:00on/4:00 easy @ rate 32-34, Row last 4' like a 2k piece. Make sure you sprint! 10' easy. | <i>Anaerobic Power</i> 15' warm up; 5 x 10 secs. AFAP with 1:50 rest between; 2 x 4,3,2,1 @ 18,20,22,24 | Row/Run/Bike |
| | | B) 20' @TP+8, rate 22/2' rest. 15' @TP+6, rate 23/2' rest. 10' @TP+4, rate 24. | | B) 4x10' (4',3',2',1' at 18,20,22,24) UT2-->UT1 | | |

Where specified, workout A) takes priority over B). There should be several hours between the two.
Workout A) better done in the larger group.

15' warm up = 5,4,3,2,1 at 22,24,26,28,30

10' warm up = 4,3,2,1 at 18,20,22,24

AFAP = As Fast as Possible

TP = Training Pace = Splits from 40' piece.

VO2Max/2k prep pieces should be done at base splits from 7' piece (men=6:15 piece).