

Dec 2009	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
[11/23] WEEK 8	<i>Anaerobic Power</i> 15' warm up; 8 x 100m AFAP with 2:00 rest between; 2 x 4,3,2,1 @ 18,20,22,24	A) VO2Max/2k Prep. Race warm-up followed by 24 x 0:30on/0:30 easy @ 32-34 (watch your technique). Row the first 20 @ your 7' pace – don't be tempted to go faster; if you have to take it down, wait for the last 4 pieces. Important – If you find yourself “fading” or slowing down in the latter part of the workout, start at a slower pace next week.	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.	<i>Aerobic Power</i> REST DAY	<i>Anaerobic Power</i> 15' warm up; 8 x 100m AFAP with 2:00 rest between; 20' @TP+8, rate 22/2' rest. 15' @TP+6, rate 23/2' rest. 10' @TP+4, rate 24.	Row/Run/Bike
		B) 3 x 10' (4',3',2',1' at 18,20,22,24) UT2-->UT1-- >AT		REST DAY		

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[11/30] WEEK 9	<i>Anaerobic Power</i> 15' warm up. 15' warm up; 6 x 133m AFAP with 2:30 rest between; 2 x 4,3,2,1 @ 18,20,22,24	A) <i>Aerobic Power Progression</i> 10' warm up. 8 x 5'@T.P./1' rest between, rate 24 – 26. If you feel good through the first 5, you can take the split down over the last 3, but not more than 2 seconds.	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> 15' warm up. Race warm-up, followed by 16 x 0:45on/0:45 easy @ rate 32-34. Row the first 12 @ 7' pace.	<i>Anaerobic Power</i> 15' warm up; 6 x 133m AFAP with 2:30 rest between. 20' @TP+8, rate 22/2' rest. 15' @TP+6, rate 23/2' rest. 10' @TP+4, rate 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) 3x19' (4',3',2',1',2',3', 4' at 18-->24-->18)		
[12/7] WEEK 10	<i>Anaerobic Power</i> 15' warm up; 4 x 200m AFAP with 3:00 rest between; 2 x 4,3,2,1 @ 18,20,22,24	A) <i>Aerobic Power Progression</i> 10' warm up. 5 x 8'@ T.P./1:35 rest between, rate 26. If feeling good you can take it down on the last one.	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 12 x 1:00on/1:00 easy @ rate 32-34, Row first 10 @ 7' pace. B) 3x15' (5',4',3',2',1' at 18,20,22,24,26) UT2-->UT1-->AT	<i>Anaerobic Power</i> 15' warm up; 4 x 200m AFAP with 3:00 rest between; 20' @TP+8, rate 22/2' rest. 15' @TP+6, rate 23/2' rest. 10' @TP+4, rate 24.	Row/Run/Bike

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		B) 20' @TP+8, rate 22/2' rest. 15' @TP+6, rate 23/2' rest. 10' @TP+4, rate 24.		B) 3x15' (5',4',3',2',1' at 18,20,22,24,26) UT2-->UT1-->AT		
[12/14] WEEK 11	<i>Anaerobic Power</i> 15' warm up; 3 x 266m AFAP with 3:30 rest between; 2 x 4,3,2,1 @ 18,20,22,24	A) <i>Aerobic Power Progression</i> 10' warm up. 4 x 10' @ T.P./2' rest, rate 26. If you feel good, take it down on the last one.	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.	<i>VO2Max/2k Prep.</i> Race warm-up, followed by 8 x 1:30on/1:30 easy @ rate 32-34, Row first 6 @ 7' pace.	<i>Anaerobic Power</i> 15' warm up; 3 x 266m AFAP with 3:30 rest between; 20' @TP+8, rate 22/2' rest. 15' @TP+6, rate 23/2' rest. 10' @TP+4, rate 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) 3x15' (5',4',3',2',1' at 18,20,22,24,26) UT2-->UT1-->AT		

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).