

Daily Training Programme – Elite Rowing Group Month: March (Proposed)

Day	Program	Recovery	HRate	% Max	Cadence	Km
M	Steady State		130-150	65-75 UT2/UT1	18-22	14 to 20
T	5 x 5 minutes	4'-5'	180-190	90-95 TR	26-28	12 to 16
W	3 x 10 minutes	8'-10'	170-180	85-90 AT/TR	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	24-30	10 to 14
F	8 x 3 minutes	1'-3'	180-190	90-95 TR	28-30	12 to 16
Sa	30'+25'+20		170-180	85-90 AT	24, 26 and 28	16 to 20
Sa (alt)	(repeat Mon)		(130-150)	(65-75) UT2/UT1	(18-22)	(14 to 20)
Su	3 x 2000m	4'-6'	175-185	90+/- TR	25-27	10 to 12

Notes:

- 1) Ten to 15 minutes of stretching and flexibility should take place before and after each training session.
- 2) Other than steady state, all workouts begin with 3-4k technical warm-up.
- 3) Fit in one power erg session, if applicable.

Bay Series – March 7

Spring Regatta – March 14

Prep for Assessment Weekend