

Training Plan Block 2 - U23

Dates: April 13 to May 10

Focus	<i>Build towards the U23 final evaluation race on 5/9 and 5/10. Continue to adapt to new training routine, balancing study and other commitments with training load.</i>						
Note	Sessions in Blue are Recovery Focused (<55% HRR)						
Block 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	4/13	4/14	4/15	4/16	4/17	4/18	4/19
Session 1	Off	Row: Zone 1 (120min)	Row: Zone 1 + Zone 2 (Castle 20min x2 rate 20-22) 120min	Off	Row: Zone 1 + Zone 2 (Castle 20min x2 rate 20-22) 120min	Row: Zone 1 + 2km x4 High Rate Work (90min)	Row: Zone 1 (120min)
Session 2	Athletes Arrive	Core & Stretching	S&C	Row: Zone 3 - 500m x8 off starts, rest x2 work duration (75min)	S&C	Row: Zone 1 (60min)	Stretching
Session 3	Row: Zone 1 (120min) + Core & Stretching	Erg: Zone 2 (2km x3 step rate) 4min rest. 3x Rate 24-30	Row: Zone 1 (120min)	Row: Zone 1 (90min) + Core/Stretch	Row: Zone 1 (120min)	Row: Zone 1 (75min) + Core & Stretch	Off
Week 6	4/20	4/21	4/22	4/23	4/24	4/25	4/26
Session 1	Row: Zone 1 + Zone 2 (Resistance work 10min x4) 120min	Row: Zone 1 (120min)	Row: Zone 1 + Zone 2 (Pyramid 19min x2 rate 20-28) 120min	Off	Row: Zone 1 + 8min x4 High Rate Work (90min)	Row: Zone 1 (90min)	Off
Session 2	S&C (Deload Week)	Core & Stretching	S&C (Deload Week)	Row: Zone 3 - 500m x8 off starts, rest x2 work duration (75min)	Row: Zone 1 (60min)	Core & Stretching	Off
Session 3	Row: Zone 1 (75min)	Erg: Zone 2 (6x5min, Rate 26, 4min rest)	Row: Zone 1 (75min)	Core & Stretching	Off (Finish Camp)	Erg: Zone 1 30min x2 (60min) + Core & Stretch	Off
Week 7	4/27	4/28	4/29	4/30	5/1	5/2	5/3
Session 1	Row: Zone 1 + Zone 2 (Castle 20min x2 rate 20-22) 120min	Row: Zone 1 (120min)	Row: Zone 1 + Zone 2 (Castle 20min x2 rate 20-22) 120min	Off	Off	Row: Zone 1 + 8min x4 High Rate Work (120min)	Row: Zone 1 (120min)
Session 2	Stretching	Core & Stretching	S&C	Erg: Zone 3 - 500m x10, rest x2 workload duration	Athletes Arrive	Row: Zone 1 (90min)	Core & Stretching
Session 3	S&C	Erg: Zone 2 (2km x3 step rate) 4min rest. 2x r24-30, 1x r26-32	Cardio: Zone 1 (90min Bike OR 30min x2 Erg/RP)	Core & Stretching	Row: Zone 1 (100min)	Row: Zone 1 (60min) + Core & Stretch	Off

Week 8	5/4	5/5	5/6	5/7	5/8	5/9	5/10
Session 1	Row: Zone 1 + Zone 2 (Resistance work 10min x4) 120min	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1000m x2, 1 off start, 1 off build) 120min	Off	Row: Zone 1 + Race Start Practice (75min)	Evaluation Races at Company Championships	Evaluation Races at Company Championships
Session 2	S&C	Core & Stretching	S&C	Row: Zone 1 + Zone 3 - 500m x6 off starts, rest x2 work duration (75min)	Core & Stretching		
Session 3	Row: Zone 1 (90min)	Erg: Zone 2 (5min x6, Rate 26, 4min rest)	Row: Zone 1 (90min)	Core & Stretching	Off		

Session Plan Notes

Zone 2 (Pyramid)	19min x2 (4min r20, 3min r22, 2min r24, 1min r26, 2min r24, 3min r22, 4min r20). Can also include variation of rates between 22 to 30. There is a 4min rest between pieces. Aim is to increase rate through leg speed, and maintain leg speed as rate decreases. Do not achieve rate through rushing the recovery.
Zone 2 (Castle)	This session would include 20min x2 castle work, rate changes between 20 to 22 or 22 to 24. Aim is to increase rate through leg speed, and maintain leg speed as rate decreases. Recovery phase should be relaxed and not rushed.
Zone 2 (Resistance Tube/Rope)	10min x4 rate step with resistance. Rate changes 4min, 3min, 2min, 1min. Rate with tube/rope 18, 20, 22, 26. Rate without tube/rope 20, 22, 24, 28. 1st and 3rd with resistance, 2nd and 4th without resistance. Rest 4min between pieces. Aim is to feel the the connection at the catch with and without the resistance. Holding the core, relaxation and pushing the legs (Connect heels with the footplate) are key.
High Rate Water Work	This Session is 8min x4, 4min rest. The 8min is broken down into 2min blocks, 26, 28, 30, 32 rate. Speed work focusing on quick legs and relaxation on the recovery to maintain boat speed. Can also be completed over a 2km course if have access to one, with rate steps per 500m.

Training Zone Notes

Training Zone	Rowing (Water)	Land (Erg/ RowPerfect or Bike)
Zone 1 (Low Intensity)	<55-65% of HRR at rates 18-20	55-65% of HRR
Zone 2 (Threshold)	65-85% of HRR at rates 22-28	65-85% of HRR
Zone 3 (High Intensity)	85%+ of HRR at rates 30+	85%+ of HRR

Calculating Heart Rate Reserve (HRR)

$(\text{Maximal HR} - \text{Resting HR}) * \text{training intensity (\%, as a numeric ratio ranging 0~1)} + \text{Resting HR} = \text{Target Heart Rate}$

Example:

Resting HR: 60

Maximal HR: 200

Training Intensity of 60% (0.6)

Calculation: $(200-60)*0.6 + 60 = 144 \text{ BPM}$