

**Training Plan Block 2 - Seniors**
**Dates: April 27 to May 31**

Focus	<i>Transitioning to a race-preparation based program, whilst maintaining a strong focus on <b>posture, core strength and flexibility</b>. Workloads focus on developing boat speed and efficiency at high rates, achieved through technical points such as relaxation and sequencing during the recovery phase to prepare the athletes for a connected catch position.</i>						
Note	<b>Sessions in Blue are Recovery Focused (&lt;55% HRR). Finish every session with some race builds and race starts, focusing on building boat speed up naturally without rushing the recovery.</b>						
Block 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 7</b>	<b>4/27</b>	<b>4/28</b>	<b>4/29</b>	<b>4/30</b>	<b>5/1</b>	<b>5/2</b>	<b>5/3</b>
Session 1	Row: Zone 1 + Zone 2 (Resistance work 10min x4) 120min	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1000m x4, rate 30, rest 6min) (120min total)	Off	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x4 r28,30,30,32) (120min total)	Off
Session 2	S&C	Core & Stretching	S&C	Erg: Zone 3 - 500m x10, rest x2 workload duration	S&C	Row: Zone 1 (60min)	Off
Session 3	Cardio: Zone 1 (100min Bike OR 40min x2 Erg/RP)	Erg: Zone 2 (5min x6, Rate 26, 4min rest)	Cardio: Zone 1 (100min Bike OR 40min x2 Erg/RP)	Erg: Zone 1 6km x3 (75min) + Core & Stretch	Cardio: Zone 1 (100min Bike OR 40min x2 Erg/RP)	Cardio: Zone 1 (Bike 80min) + Core & Stretch	Off
<b>Week 8</b>	<b>5/4</b>	<b>5/5</b>	<b>5/6</b>	<b>5/7</b>	<b>5/8</b>	<b>5/9</b>	<b>5/10</b>
Session 1	Row: Zone 1 + Zone 2 (Resistance work 10min x4) 120min	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1000m x4, rate 30, rest 6min) (120min total)	Off	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x4 r28,30,30,32) (120min total)	Off
Session 2	S&C	Core & Stretching	S&C	Erg: Zone 3 - 500m x10, rest x2 workload duration	S&C	Row: Zone 1 (60min)	Off
Session 3	Cardio: Zone 1 (100min Bike OR 40min x2 Erg/RP)	Erg: Zone 2 (5min x6, Rate 26, 4min rest)	Cardio: Zone 1 (100min Bike OR 40min x2 Erg/RP)	Erg: Zone 1 30min x2 (60min) + Core & Stretch	Cardio: Zone 1 (100min Bike OR 40min x2 Erg/RP)	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off
<b>Week 9</b>	<b>5/11</b>	<b>5/12</b>	<b>5/13</b>	<b>5/14</b>	<b>5/15</b>	<b>5/16</b>	<b>5/17</b>
Session 1	Row: Zone 1 + Zone 2 (Resistance work 10min x4) 120min	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1000m x4, rate 30, rest 6min) (120min total)	Off	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x4 r28,30,30,32) (120min total)	Off
Session 2	S&C	Core & Stretching	S&C	Erg: Zone 3 (500m x10, rest x2 workload duration)	S&C	Row: Zone 1 (60min)	Off
Session 3	Cardio: Zone 1 (100min Bike OR 40min x2 Erg/RP)	Erg: Zone 2 (5min x6, Rate 26, 4min rest)	Cardio: Zone 1 (90min Bike OR 30min x2 Erg/RP)	Erg: Zone 1 30min x2 (60min) + Core & Stretch	Cardio: Zone 1 (90min Bike OR 30min x2 Erg/RP)	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off
<b>Week 10</b>	<b>5/18</b>	<b>5/19</b>	<b>5/20</b>	<b>5/21</b>	<b>5/22</b>	<b>5/23</b>	<b>5/24</b>
Session 1	Off	Row: Zone 1 + Zone 3 (1000m x4, rate 30, rest 6min) (120min total)	Row: Zone 1 + Zone 3 (5min x6, Rate 26, 4min rest) (90min total)	Off	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x4 r28,30,30,32) (120min total)	Off
Session 2	Arrive at Toda	Core & Stretching	S&C	Row: Zone 1 + Zone 3 (500m x8) (60min total)	S&C	Row: Zone 1 (60min)	Off
Session 3	Row: Zone 1 (120min)	Row: Zone 1 (90min)	Row: Zone 1 (90min)	Row: Zone 1 (90min)	Row: Zone 1 (75min)	Depart Tokyo	Arrive Sevilla

Week 11	5/25	5/26	5/27	5/28	5/29	5/30	5/31
Session 1	Erg: Zone 1 (25min x3, 2min rest)	Erg: Zone 3 (1000m x1, 500m x1 r30-32) + Zone 1 (30min)	Row: Zone 1 + Zone 3: 250m x6 Race Pace (75min)	Off	World Cup 1 Sevilla	World Cup 1 Sevilla	World Cup 1 Sevilla
Session 2	Stretching	Stretching	S&C/ Core Priming	Row: Zone 1 + Race Start Practice (60min Maximum)	Row: Race Heats	Row: Race Semi-Finals / Finals	Row: Race Finals
Session 3	S&C/ Core	Erg: Zone 1 (30min x2)	Off	Stretching	Row: Race Quarterfinals <b>OR</b> Zone 1 (45min) + Stretching	Row: Zone 1 (45min) + Stretching	Off

### Session Plan Notes

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 connection at the catch with and without the resistance. Holding the core, relaxation and pushing through the hips whilst engaging the gluteal muscles (Connect heels with the footplate).
Zone 3 1000m x4	This session is completing 1000m x4 at rate 30 with 6min recovery between pieces. Rowers begin each piece from a race start, and the aim is to then transition into a rate and rhythm that achieves length on the recovery phase. The key is to work on separation, keeping the body still at the finish as hands flow with the boat run. This contrast will allow the body to achieve maximum run between strokes.
Zone 3 5min x6	This session is completed at rate 26, with 4min rest between each piece. The aim is to spend time on the recovery through relaxation, achieving maximum distance per stroke, whilst keeping the intensity high, above 85% HRR.
Zone 3 8min x4	This Session is 8min x4, 4min rest. The 8min is broken down into 2min blocks, 28, 30, 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. The aim is to maintain consistent splits through the middle 4min/1000m, achieved by maintaining technique as fatigue sets in.

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