

**Training Plan Block 3 - Seniors (WC1 + 3 Group)    Dates: June 1 to June 28**

<b>Focus</b>	Continue to build into a race-preparation based program, maintaining a strong focus on <b>posture, core strength and flexibility</b> . Workloads develop 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.						
<b>Note</b>	Sessions in Blue are Recovery Focused (<55% HRR). Finish every session with some race builds and race starts, focusing on building boat speed up naturally without rushing the recovery.						
Block 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 12</b>	<b>6/1</b>	<b>6/2</b>	<b>6/3</b>	<b>6/4</b>	<b>6/5</b>	<b>6/6</b>	<b>6/7</b>
Session 1	Depart Sevilla	Row: Zone 1 (120min)	Row: Zone 1 + Zone 2 (Pyramid x2, rest 4min) (120min total)	Row: Zone 1 (75min)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (2km x4 r26-32) (120min Total)	Off
Session 2	Arrive Aiguebelette	Core & Stretching	Core & Stretching	Erg: 2km Measurement	Core & Stretching	Row: Zone 1 (60min) Morning Double Session	Off
Session 3	S&C	Row: Zone 1 + Zone 3 (5min x6 r26) (90min Total)	Row: Zone 1 (90min)	S&C	Row: Zone 1 (90min)	Cardio: Zone 1 (Bike 80min) + Core & Stretch	Off
<b>Week 13</b>	<b>6/8</b>	<b>6/9</b>	<b>6/10</b>	<b>6/11</b>	<b>6/12</b>	<b>6/13</b>	<b>6/14</b>
Session 1	Row: Zone 1 + Zone 2 (Resistance 10min x4, 4min rest) (120min total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1000m x6, rate 30, rest 6min) (90min total)	Row: Zone 1 + Zone 3 (500m x10, 3.5min rest) (90min Total)	Core & Stretching	Row: Zone 1 + Zone 3 (2km x4 r26-32) (120min Total)	Row: Zone 1 (120min)
Session 2	S&C	Core & Stretching	Core & Stretching	S&C	Off	Row: Zone 1 (60min) Morning Double Session	Core & Stretching
Session 3	Row: Zone 1 (90min)	Row: Zone 1 (90min)	Row: Zone 1 (90min)	Row: Zone 1 (90min)	Off	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off
<b>Week 14</b>	<b>6/15</b>	<b>6/16</b>	<b>6/17</b>	<b>6/18</b>	<b>6/19</b>	<b>6/20</b>	<b>6/21</b>
Session 1	Row: Zone 1 + Zone 2 (Resistance 10min x4, 4min rest) (120min total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1000m x6, rate 30, rest 6min) (90min total)	Row: Zone 1 + Zone 3 (500m x10, 3min rest) (90min Total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (2km x4 r26-32) (120min Total)	Off
Session 2	S&C	Core & Stretching	Core & Stretching	S&C	Core & Stretching	Row: Zone 1 (60min) Morning Double Session	Off
Session 3	Row: Zone 1 (90min)	Row: Zone 1 (90min)	Row: Zone 1 (90min)	Off	Row: Zone 1 (75min)	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off
<b>Week 15</b>	<b>6/22</b>	<b>6/23</b>	<b>6/24</b>	<b>6/25</b>	<b>6/26</b>	<b>6/27</b>	<b>6/28</b>
Session 1	Row: Zone 1 (90min)	Row: Zone 1 + Zone 3 (1000m x1, 500m x1 Race Pace) (75min Total)	S&C/ Core Priming	Off	World Cup 3	World Cup 3	World Cup 3
Session 2	S&C/ Core	Stretching	Depart Aiguebelette & Arrive in Lucerne	Row: Zone 1 + Race Start Practice (60min Maximum)	Row: Race Heats	Row: Race Semi-Finals / Finals	Row: Race Finals
Session 3	Row: Zone 1 + Race Start Practice (60min)	Row: Zone 1 (60min)	Row: Zone 1 + Zone 3 (250m x6) (60min total)	Stretching	Row: Race Quarterfinals OR 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 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 2 (Pyramid)	19min x2 (4min r20, 3min r22, 2min r24, 1min r28, 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 3 1000m x6	This session is completing 1000m x6 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 2km x4	This Session is 2km x4, where rest period is active rowing back to starting point. The 2km can be completed in a number of variations, from rate step every 500m (eg r26,28,30,32), to single rate per 2km piece (eg piece 1 at 26, piece 2 at 28 etc...). Begin every piece off a 15 stroke race-start. The aim is to maintain leg speed off the start and achieve consistency with splits, achieved by holding 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)

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

Example:

Resting HR: 60

Maximal HR: 200

Training Intensity of 60% (0.6)

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