

Training Plan Block 4 - U23
Dates: June 8 to July 5

Focus	This training block will lead us through the final 7 weeks up to the U23 World Championships. This block will be an opportunity to build key self-management skills that will be used during regattas, including how to manage recovery through nutrition and hydration.						
Note	Sessions in Blue are Recovery Focused (<55% HRR)						
Block 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13	6/8	6/9	6/10	6/11	6/12	6/13	6/14
AM 1	Off	Row: Zone 1 + Zone 2 (Resistance work 10min x4) 90min	Row: Zone 1 + Zone 3 (1000m x4, rate 30, rest 6min) (90min total)	Row: Zone 3 (500m x10, rest x2 workload duration) (90min total)	Row: Zone 1 (90min)	Row: Zone 1 + Zone 3 (8min x4 r28,30,30,32) (120min total)	Row: Zone 1 (120min total)
AM 2	Off	Off	Off	Off	Off	Row: Zone 1 (60min) Morning Double Session	Off
PM	S&C with 45min Zone 1 warm-up on Erg	Row: Zone 1 (90min) + Core & Stretch	Row: Zone 1 (90min) + Core & Stretch	S&C with 45min Zone 1 warm-up on Erg	Row: Zone 1 (90min) + Core & Stretch	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off
Week 14	6/15	6/16	6/17	6/18	6/19	6/20	6/21
AM 1	Off	Row: Zone 1 (120min total)	Row: Zone 1 + Zone 3 (1000m x6, rate 30, rest 6min) (120min total)	Row: Zone 1 (75min)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x4 r28,30,30,32) (120min total)	Off
AM 2	Arrive Mihama	S&C	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Erg: 2km Measurement	S&C	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off
PM	Row: Zone 1 (90min)	Row: Zone 1 (60min)	Row: Zone 1 (60min)	Off	Row: Zone 1 (75min)	Row: Zone 1 (60min)	Off
Week 15	6/22	6/23	6/24	6/25	6/26	6/27	6/28
AM 1	Row: Zone 1 + Zone 2 (Resistance work 10min x4) (90min total)	Row: Zone 1 (120min total)	Row: Zone 1 + Zone 3 (1000m x6, rate 30, rest 6min) (120min total)	Row: Zone 1 + Zone 3 (20 strokes above RP/ 10 off x10) x2 (90min total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x4 r28,30,30,32) (120min total)	Row: Zone 1 (90min)
AM 2	S&C	Core & Stretch	S&C	Off	Core & Stretch	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Depart Mihama
PM	Row: Zone 1 (60min)	Row: Zone 1 (60min)	Row: Zone 1 (60min)	Row: Zone 1 (60min)	Row: Zone 1 (60min)	Row: Zone 1 (60min)	Off
Week 16	6/29	6/30	7/1	7/2	7/3	7/4	7/5
AM 1	Off	Row: Zone 1 + Zone 2 (19min Pyramid x2) (90min total)	Row: Zone 1 + Zone 3 (1000m x4, rate 30, rest 6min) (120min total)	Row: Zone 3 (500m x10, rest x2 workload duration) (90min total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x4 r28,30,30,32) (120min total)	Row: Zone 1 (120min total)
AM 2	Off	Off	Off	Off	Off	Row: Zone 1 (60min) Morning Double Session	Off
PM	S&C	Row: Zone 1 (75min) + Core & Stretch	Row: Zone 1 (75min) + Core & Stretch	S&C	Row: Zone 1 (75min) + Core & Stretch	Core & Stretch	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 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 3 1000m x6	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 (20on/10off x10) x2	This workout is completed above race pace, working on the explosive leg speed. 20 strokes are completed above race pace, followed by 10 strokes rowing light. Repeat this 10 times to finish one set. This is repeated once more. Ensure the hands flow around the finish, and avoid pulling the handle into the chest, which will prevent you from connecting the handle speed with the boat speed. Allow the handle to flow to the body as a result of momentum.
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)

(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 BPM**