

**Training Plan Block 3 - U23**

**Dates: May 11 to June 7**

|                |  |  |  |   |  |  |  |
|----------------|--|--|--|---|--|--|--|
| <b>Focus</b>   | <i>Beginning the next training block, with a focus on volume and building race specific endurance, 10 weeks from the U23 World Rowing Championships, and 13 weeks from the World University Championships. Session scheduling to balance with study commitments.</i> |  |  |   |  |  |  |
| <b>Note</b>    | Sessions in Blue are Recovery Focused (<55% HRR)   |  |  |   |  |  |  |
| <b>Block 3</b> | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   | Sunday   |
| <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>  |
| AM 1           | Off  | Row: Zone 1 + Zone 2 (Resistance work 10min x4) 120min | 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 + Zone 2 (Resistance work 10min x4) (120min total) |
| AM 2           | Off  | Off  | Off  | Off   | Off  | Row: Zone 1 (60min) Morning Double Session                 | Row: Zone 1 (60min) Morning Double Session                     |
| PM             | S&C with 45min Zone 1 warm-up on Erg   | Row: Zone 1 (90min) + Core & Stretch                   | S&C with 45min Zone 1 warm-up on Erg                               | Row: Zone 1 (90min) + Core & Stretch                            | S&C with 45min Zone 1 warm-up on Erg           | 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>  |
| AM 1           | Off  | Row: Zone 1 + Zone 2 (19min Pyramid x2) (120min 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 + Zone 2 (Resistance work 10min x4) (120min total) |
| AM 2           | Off  | Off  | Off  | Off   | Off  | Row: Zone 1 (60min) Morning Double Session                 | Row: Zone 1 (60min) Morning Double Session                     |
| PM             | S&C with 45min Zone 1 warm-up on Erg   | Row: Zone 1 (90min) + Core & Stretch                   | S&C with 45min Zone 1 warm-up on Erg                               | Row: Zone 1 (90min) + Core & Stretch                            | S&C with 45min Zone 1 warm-up on Erg           | Cardio: Zone 1 (Bike 60min) + Core & Stretch               | Off  |
| <b>Week 11</b> | <b>5/25</b>  | <b>5/26</b>  | <b>5/27</b>  | <b>5/28</b>   | <b>5/29</b>                                    | <b>5/30</b>  | <b>5/31</b>  |
| AM 1           | Off  | Row: Zone 1 + Zone 2 (19min Pyramid x2) (120min total) | Row: Zone 1 + Zone 3 (1000m x4, rate 30, rest 6min) (120min total) | Row: Zone 3 (500m x12, 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 + Zone 2 (Resistance work 10min x4) (120min total) |
| AM 2           | Off  | Off  | Off  | Off   | Off  | Row: Zone 1 (60min) Morning Double Session                 | Row: Zone 1 (60min) Morning Double Session                     |
| 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                            | Cardio: Zone 1 (90min Bike OR 25min x3 Erg/RP) | Cardio: Zone 1 (Bike 60min) + Core & Stretch               | Off  |

| Week 12 | 6/1                                  | 6/2                                   | 6/3                                       | 6/4              | 6/5              | 6/6              | 6/7              |
|---------|--------------------------------------|---------------------------------------|---|------------------|------------------|------------------|------------------|
| AM 1    | Off                                  | Row: Zone 1 + Zone 3: 250m x6 (90min) | Row: Zone 1 + Race Start Practice (60min) | All Japan Champs | All Japan Champs | All Japan Champs | All Japan Champs |
| AM 2    | Off                                  | Off                                   | Off                                       | All Japan Champs | All Japan Champs | All Japan Champs | All Japan Champs |
| PM      | S&C with 45min Zone 1 warm-up on Erg | Row: Zone 1 (90min) + Core & Stretch  | Core & Stretching                         | All Japan Champs | All Japan Champs | All Japan Champs | 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 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 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**