

Training Block 5 - U23 World University Championships
Dates: July 13 to August 16

Focus	Final weeks leading into the World University Championships. Aim to maintain training during study commitments. Prioritise Session 1 in the morning and then Session 3 in the evening. If possible, combine Session 2 and Session 3 in the afternoon.						
Note	Sessions in Blue are Recovery Focused (<55% HRR). Plan is subject to change whilst in Canada, according to use of facilities and equipment.						
Block 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 18	7/13	7/14	7/15	7/16	7/17	7/18	7/19
AM 1	Row: Zone 1 (90min)	Row: Zone 1 + Zone 3 (1000m x6, rate 30, rest 6min) (120min total)	Row: Zone 1 (90min)	Row: Zone 1 + Zone 3 (20 strokes above RP/ 10 off x10) x1 (75min total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x3: r26, 28, 30, 36 rate steps) (120min total)	Row: Zone 1 + Zone 2 Resistance Work (10min x 4) (120min total)
AM 2	S&C	Cardio: Zone 1 (Bike 60min) + Core & Stretch	S&C	Return to Tokyo	Cardio: Zone 1 (Bike 60min)	Row: Zone 1 (60min) Morning Double Session	Row: Zone 1 (60min) Morning Double Session
PM	Row: Zone 1 (75min total)	Row: Zone 1 (60min total)	Row: Zone 1 (75min)	Off	Core & Stretching	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off
Week 19	7/20	7/21	7/22	7/23	7/24	7/25	7/26
Session 1	Off	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1250m x3 r32-34, 6min rest) (120min total)	Row: Zone 1 + Zone 3 (20 strokes above RP/ 10 off x10) x2 (100min total)	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (8min x3: r26, 28, 30, 36 rate steps) (120min total)	Row: Zone 1 + Zone 2 Resistance Work (10min x 4) (120min total)
Session 2	Off	Cardio: Zone 1 (Bike 60min)	Core & Stretching	Core & Stretching	Cardio: Zone 1 (Bike 60min)	Row: Zone 1 (60min) Morning Double Session	Row: Zone 1 (60min) Morning Double Session
Session 3	Off	S&C	Cardio: Zone 1 (Erg/Bike 60min)	Cardio: Zone 1 (Erg/Bike 60min)	S&C	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off

Week 20	7/27	7/28	7/29	7/30	7/31	8/1	8/2
Session 1	Off	Row: Zone 1 (120min)	Row: Zone 1 + Zone 3 (1000m x6, rate 32, rest 4min) (120min total)	Row: Zone 1 + Zone 3 (20 strokes above RP/ 10 off x10) x2 (75min total)	Row: Zone 1 (90min)	Row: Zone 1 Race Pre-row (60min)	Row: Zone 1 + Zone 2 Resistance Work (10min x 4) (120min total)
Session 2	Off	Cardio: Zone 1 (Erg/Bike 60min)	Core & Stretching	Core & Stretching	Cardio: Zone 1 (Erg/Bike 60min)	Row: 2000m Race Simulation	Row: Zone 1 (60min) Morning Double Session
Session 3	Off	S&C	Cardio: Zone 1 (Erg/Bike 60min)	Cardio: Zone 1 (Erg/Bike 60min)	S&C	Cardio: Zone 1 (Bike 60min) + Core & Stretch	Off
Week 21	8/3	8/4	8/5	8/6	8/7	8/8	8/9
Session 1	Row: Zone 1 + Race Start Practice (90min)	S&C	Rig Boats	Row: Zone 1 + Zone 3 (20 strokes above RP/ 10 off x10) x2 (75min total)	Row: Zone 1 (90min)	Row: Zone 1 + Zone 3 (2km x3: r26, 28, 30, 36) (90min total)	Row: Zone 1 + Race Start Practice (90min)
Session 2	Core & Stretching	Off	Row: Zone 1 (90min) + Core & Stretching	Core & Stretching	S&C/ Core & Stretching (If facilities available)	Row: Zone 1 (60min) Morning Double Session	Core & Stretching
Session 3	Off	Depart Japan & Arrive in London (CAN)	Off	Off (Visit Hudson Factory)	Off	Core & Stretching	Off
Week 22	8/10	8/11	8/12	8/13	8/14	8/15	8/16
Session 1	Row: Zone 1 + Zone 3 (1000m + 500m) (90min)	Row: Zone 1 + Zone 3 (250m x6) (90min)	Row: Zone 1 + Race Start Practice (60min)	World University Championships	World University Championships	World University Championships	Off
Session 2	Stretching	Off	Off	Race	Race	Race	Off
Session 3	Row: Zone 1 (60min)	Core & Stretching	Core & Stretching	Recovery	Recovery	Recovery	Off

Session Plan Notes

Zone 3 1000m x6	This session is completing 1000m x4 at rate 30 with 4min 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 (20 on/10 off x10) x2	This session is built to work on maximum boat speed. Rowers are to rate above race pace for 20 strokes, then row light for 10 strokes. This is repeated 8 times. After 10minutes of Zone 1 rowing, rowers are to repeat the workload.
Zone 3 1250m x3	the middle of the race. This session is set at rate 32-34, whilst aiming to hold a few splits lower than race pace (~1-2 seconds per 500m). 6min rest between pieces.
Zone 2 Resistance Work	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 before push).
Zone 3 2km or 8min x3	This Session is 2km x3, 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
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Example:

Resting HR: 60

Maximal HR: 200

Training Intensity of 60% (0.6)

Calculation: **(200-60)*0.6 + 60 = 144 BPM**