

	Sat	Sun	Mon	Tue	Wed	Thu	Fri
NB	<p>Include 10-15 minutes core work <u>every</u> day. (e.g. http://www.rowperfect.co.uk/an-introduction-to-core-strength-for-rowing-static-exercises/) Do not do weights sessions on successive days. (So Mon & Wed OR Tue & Thu.) Try not to do a heavy session on Friday. EVERYONE NEEDS TO RECORD THEIR TRAINING DIARY INCLUDING RESTING HR. Please fill out the on-line form.</p>						
21-May	<p>(1) MIN 12k including CONTINUOUS 5min @ 20, 4 min @ 22, 3 min @ 24, 2 min @ 26 and 1 min @ 28 STOP ONLY FOR A SIP OF YOUR DRINK.</p> <p>(2) 10k Technical - all the exercises you can think of, but paddling at UT2 with no stops! (Drinks allowed.)</p>	<p>(1) MIN 12k UT incl. 5 x (3' @ r.20, 3' @ r.24). Make sure that the last 2k is UT2</p> <p>(2) Min 12k Technical</p>	<p>Cross-training (running, aerobics, badminton, football...) - minimum 45 minutes, UT2. PREFERABLY NOT ERGO.</p> <p>Or</p> <p>WEIGHTS and/or 12k UT - please yourself (include some bungee work)</p>	<p>12k Inc 3 times 2k with middle 1000 @ 24, 26, 28. Ensure min 5 min warm-down.</p>	<p>Cross-training (running, aerobics, badminton, football...) - minimum 45 minutes, UT2. PREFERABLY NOT ERGO.</p> <p>Or</p> <p>WEIGHTS and/or 12k UT - please yourself (include some bungee work)</p>	<p>12k UT2 only; lots of tech, including 6 * 500 (racing starts). Ensure proper warm-up and cool-down; 10 minutes each.</p>	<p>Day off, or very light cross-training.</p>
28-May	<p>1) 10-12k inc 3 times 1500m race pace. Side by side, racing starts.</p> <p>2) 10k technical Inc lots of exercises (exc's Inc slap catches & early sqrng) and 5 * 10 HR, HP.</p>	<p>(1) 12k including : 2 TIMES 5-4-3-2-1 : 5 min @ 22, 4 @ 24, 3 @ 26, 2 @ 28, 1 @ 30 THEN 5 min @ 24, 4 @ 26, 3 @ 28, 2 @ 30, 1 @ 32 THEN (ie 2*15 mins = 30 mins) take a drink between the two 15 mins. (2) 10k Technical - all the exercises you can think of, but paddling at UT2 with no stops! (Drinks allowed.)</p>	<p>AS ABOVE</p>	<p>12k Inc 3 times 2k with middle 1000 @ 24, 26, 28. Ensure min 5 min warm-down.</p>	<p>AS ABOVE</p>	<p>12k UT2 only; lots of tech, including 6 * 500 (racing starts). Ensure proper warm-up and cool-down; 10 minutes each.</p>	<p>1) 12k Inc 3 times 2k with middle 1000 @ 24, 26, 28. Ensure min 5 min warm-down.</p> <p>2) 12k technical Inc lots of exercises! AND 10 times 10 strokes high rate high power.</p>
04-Jun	<p>Day off, or light cross-training. This is your only rest day this week - so take it easy!</p>	<p>1) 10-12k inc 3 times 1500m race pace. Side by side, racing starts.</p> <p>2) 10k technical Inc lots of exercises (exc's Inc slap catches & early sqrng) and 5 * 10 HR, HP.</p>	<p><i>AS ABOVE, OR</i></p> <p><i>WATER: 3*1000m : mid 500 of each @ 24,26,26. trying to get good speed & high rate in 1st part and finish part.</i></p> <p><i>OR</i></p> <p><i>OFF-WATER no more than 45 mins UT2.</i></p>	<p>12k UT2 only; lots of tech, including 4* 500 (racing starts). Ensure proper warm-up and cool-down; 10 minutes each.</p>	<p><i>AS ABOVE, OR</i></p> <p><i>WATER: <=10 * 250 (racing starts). Ensure proper warm-up and cool-down; 10 minutes each.</i></p> <p><i>OR</i></p> <p><i>OFF-WATER: 50 mins UT2 w/ 10 * 60 sec efforts at high power.</i></p>	<p>10k maximum. Mostly technical, exc's Inc slap catches & early sqrng. No more than 10 * 15 strokes (or racing starts)</p>	<p>WATER: 30 min UT2 w/ 6 * 10 strokes at max power. NO MORE.</p> <p>OFF-WATER: no more than 30 mins UT2 work with 6 very short blasts of high intensity.</p>
		<p>Alternative week for those racing on Friday evening --></p>	<p><i>Water: 12k UT2 only; lots of tech, including 4* 500 (racing starts). Ensure proper warm-up and cool-down; 10 minutes each.</i></p> <p><i>OR</i></p> <p><i>OFF-WATER: 50 mins UT2 w/ 4 * 105 sec efforts at high power.</i></p>	<p>WATER: <=10 * 250 (racing starts). Ensure proper warm-up and cool-down; 10 minutes each.</p>	<p><i>10k maximum. Mostly technical, exc's Inc slap catches & early sqrng. No more than 10 * 15 strokes (or racing starts)</i></p> <p><i>OR</i></p> <p><i>OFF-WATER: no more than 30 mins UT2 work with 10 short blasts (20 sec) of very high intensity.</i></p>	<p>WATER: 30 min UT2 w/ 6 * 10 strokes at max power. NO MORE.</p>	<p>Champ's TIME TRIALS</p>
11-Jun	<p>Scottish Championships</p>		<p>OFF!</p>	<p>???</p>			