

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |

| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|---|--|--|---|--|--|---|
| <p>Day Off DAY OFF- Dia Livre Totally off ... rest, relax and have fun. É mesmo para descansar</p> | <p>Rowing 1:03:00 60' Steady State P: 1:03:00 2 x 30': 10' @ 18, 10' @ 20, 10' @ 22 Rest 3' "UT 2"</p> <p>Strength 1:00:00 Power, Strength and/or Elasticity P: 1:00:00</p> | <p>Rowing 1:36:00 90' Steady State - P: 1:36:00 3 x 30': 10' @ 18, 10' @ 20, 10' @ 22 Rest - Descanso 3' UT2</p> <p>Rowing 1:00:00 Pure Technical Work - HR < 130 P: 1:00:00 This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...</p> <p>The goal is lightness, relaxation, "easy speed" ...</p> | <p>Rowing 1:03:00 Bungee Row 30' + 30' Normal P: 1:03:00 UT2/UT1 6' @ 18, 6' @ 20, 6' @ 22, 6' @ 20, 6' @ 18</p> <p>2 x 30' 3' rest</p> <p>1. With a single bungee. Goal is to suspend and drive the boat AND to also work on keeping the boat moving (as best you can) on the recovery. HR might move a little in UT1, but you want to minimize this time.</p> <p>2. Normal. Translate the movements to a less "resistive" boat.</p> <p>Bike 1:00:00 60' Steady Bike P: 1:00:00 Steady bike - easy HR should be 15 - 20 bpm less than your rowing UT2.</p> | <p>Rowing 1:36:00 90' Steady State - P: 1:36:00 3 x 30': 10' @ 18, 10' @ 20, 10' @ 22 Rest - Descanso 3' UT2</p> <p>Strength 1:00:00 Power, Strength and/or Elasticity P: 1:00:00</p> | <p>Rowing 1:03:00 2 x 19' Pyramid - 26 P: 1:03:00 10' warm up 10' cool down 2 x 19' Pyramid: 4' @ 20, 3' @ 22, 2' @ 24, 1' @ 26, 2' @ 24, 3' @ 22, 4' @ 20 5' rest This is a rhythm workout focused on building middle thousand fitness, technique and mentality. Stay steady, reducing splits by 2 - 3 second with every +2 in stroke rating. The rating at 2' is the goal rating for the month. Your goal is to make this as high quality as possible. Reaching for the highest rating during the 1', then coming back down. Make the quality of the rowing higher the second time you visit a rating on the "back side" of the Pyramid.</p> <p>Rowing 1:00:00 Pure Technical Work - HR < 130 P: 1:00:00 This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...</p> <p>The goal is lightness, relaxation, "easy speed" ...</p> | <p>Rowing 1:00:00 60' Steady State - 1' bursts P: 1:00:00 60' steady - continuous</p> <p>Rating 18 - 22 - HR is most important</p> <p>1' piece @ 15', 30', 45' and 60'</p> <p>1' should be full pressure, highest rating possible, max speed</p> <p>Build up, then come back down to steady state</p> |

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24

Rowing
1:03:00
60' Steady State
P: 1:03:00
2 x 30': 10' @ 18, 10' @ 20, 10' @ 22
Rest 3'
"UT 2"

Strength
1:00:00
Power, Strength and/or Elasticity
P: 1:00:00

25

Rowing
1:36:00
90' Steady State -
P: 1:36:00
3 x 30': 10' @ 18, 10' @ 20, 10' @ 22
Rest - Descanso 3'
UT2

Rowing
1:00:00
Pure Technical Work - HR < 130
P: 1:00:00
This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...

The goal is lightness, relaxation, "easy speed" ...

26

Rowing
0:40:00
30 Minutes Ergometer - 20 strokes per minute
P: 0:40:00
30 minutes - 20 strokes per minute
10' warm up
Goal: Maximum distance
30 minutos cadência 20
Objetivo: maior distância possível

27

Strength
1:00:00
Power, Strength and/or Elasticity
P: 1:00:00

Bike
1:00:00
60' Steady Bike
P: 1:00:00
Steady bike - easy
HR should be 15 - 20 bpm less than your rowing UT2.

28

Rowing
1:03:00
60' Steady State
P: 1:03:00
2 x 30': 10' @ 18, 10' @ 20, 10' @ 22
Rest 3'
"UT 2"

Rowing
1:00:00
Pure Technical Work - HR < 130
P: 1:00:00
This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...

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29

Rowing
1:03:00
60' Steady State
P: 1:03:00
2 x 30': 10' @ 18, 10' @ 20, 10' @ 22
Rest 3'
"UT 2"

30

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31

Bike
1:00:00
60' Steady Bike
P: 1:00:00
Steady bike - easy
HR should be 15 - 20 bpm less than your rowing UT2.

Nov 1

Rowing
0:30:00
Erg - 30' easy
P: 0:30:00
Easy rowing.

2 x 1' at 10K pace @ 15' mark and @ 25' mark

GOAL: Get your mind ready for the 10K

2

10K ergo

3

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4

Bike
1:00:00
60' Steady Bike
P: 1:00:00
Steady bike - easy
HR should be 15 - 20 bpm less than your rowing UT2.

5

Rowing
1:36:00
90' Steady State -
P: 1:36:00
3 x 30': 10' @ 18, 10' @ 20, 10' @ 22
Rest - Descanso 3'
UT2

Rowing
1:00:00
Pure Technical Work - HR < 130
P: 1:00:00
This is time to drill, drill and do more drills. Static, dynamic, solo, as a crew ...

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