

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Jan 1 2018	2	3	4	5	6	7

Rowing
1:03:00
60' Steady State
P: 1:03:00
2 x 30': 6' @ 18, 6' @ 20, 6' @ 22,
6' @ 18, 6' @ 20,
Rest 3'
"UT 2"

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

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" ...

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

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.

Rowing
1:00:00
60' Steady State - 1' bursts
P: 1:00:00
60' steady - continuous

Rating 18 - 22 - HR is most
important

1' piece @ 15', 30', 45' and 60'

1' should be full pressure, highest
rating possible, max speed

Build up, then come back down to
steady state

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

Rowing
1:03:00
60' Steady State
P: 1:03:00
2 x 30': 6' @ 18, 6' @ 20, 6' @ 22,
6' @ 18, 6' @ 20,
Rest 3'
"UT 2"

Day Off
DAY OFF- Dia Livre
Totally off ... rest, relax and have
fun.
É mesmo para descansar

8	9	10	11	12	13	14
---	---	----	----	----	----	----

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.

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

10K Ergo

Day Off
DAY OFF- Dia Livre
Totally off ... rest, relax and have
fun.
É mesmo para descansar

Bike
2:00:00
120' Steady Bike
P: 2:00:00
Steady bike - easy
HR should be 15 - 20 bpm less
than your rowing UT2.

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" ...

Rowing
1:10:00
3 X 1.5K Ergo
P: 1:10:00
15' Warm-up
3 x 1.5K w/ 6' rest
steady @95% max
15' cool down

15

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

16

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
 Ver anexo

17

Bike
1:30:00
90' Steady Bike
 P: 1:30:00
 Steady bike - easy
 HR should be 15 - 20 bpm less than your rowing UT2.

Rowing
1:00:00
3 x 500 Erg
 P: 1:00:00
 30' Warm up
 1st piece:
 At pace
 5' Rest
 2nd piece:
 At pace
 5' Rest
 3rd piece:
 Last 500 (build up)
 15' Cool down

18

Rowing
1:03:00
60' Steady State
 P: 1:03:00
 2 x 30': 6' @ 18, 6' @ 20, 6' @ 22, 6' @ 18, 6' @ 20,
 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 ...
 The goal is lightness, relaxation, "easy speed" ...

19

Bike
0:45:00
45' Steady Bike
 P: 0:45:00
 Steady bike - easy
 HR should be 15 - 20 bpm less than your rowing UT2.

20

Rowing
0:30:00
Erg - 30' easy
 P: 0:30:00
 Easy rowing.
 2 x 1' at 2K pace @ 15' mark and @ 25' mark
 GOAL: Get your mind ready for the 2K

21

2K Ergo - Indoor Champs

22

Day Off
DAY OFF- Dia Livre
 Totally off ... rest, relax and have fun.
 É mesmo para descansar

23

24

25

26

27

28