


Week 7 - Final Week of Preparation

Day	Date	Category	Workout	Rate	Rest	~Pace	Notes
Monday	9-Feb	Steady State - (Cat. 6/5)	3x15' (5'+5'+5')	18/20/22	3'	+18" to +21"	Do not exceed 80% of HR.
Tuesday	10-Feb	Strength	Weights - Last day.				Finish up with 10-20' cool-down on bike or erg (Cat.6)
Wednesday	11-Feb	Short Interval (Cat. 2)	1 set of 30" on 15" off x20 followed by 20' of Cat.6 SS.	Race Rate (30-34)	-	Race Pace	You want to do these all at race pace. No high starts or sprints. Be consistent and hit goal pace. Do a race warm-up. Follow workout with at least 20' of Cat. 6 rowing.
Thursday	12-Feb	Rest or Aerobic - (Cat. 6)	1'x3'x5'x7'x9'x8'x6'x4'x2' set clock for 54'. Odd/even - see notes.	20-22	1'	+21 to +24"	Set clock for 54'. Then row 1' SS, then 1' paddle. Then row 3' SS, then 1' paddle. Then row 5' SS, then 1' paddle. Continue up to 9', then row even intervals down.
Friday	13-Feb	Race Prep	Race Warm-up then 1x1500M, 1x500M	Race Rate (30-34)	8'	2K= pace, 500M = Sprint	Row 1500M like you would the race. The 500M should be 15-20 strokes at 2K pace followed by shifts every 10 strokes. If you want, do this on Saturday to get more rest.
Saturday	14-Feb	Recovery (Cat. 6)	40' - 15' of rowing with 2' easy paddle. Repeat.	18-20	-	+24	If you want you can switch this with Friday and do the Race Prep work today.
Sunday	15-Feb		Off				Active Recovery - Go for a walk, stay loose, stretch.

Week 8 - Taper

Day	Date	Category	Workout	Rate	Rest	~Pace	Notes
Monday	16-Feb	Race Prep	Race warm-up then 2x500M, 2x250M	Race Rate (30-34)	5'	500M=2K pace, 250M = -2 to -4"	Don't kill the 500's. Hit race pace and get comfortable at pace and row well. Go 2-4" faster on the 250's. Follow workout with at least 10' cool-down (Cat. 6)
Tuesday	17-Feb	Off	Off				Active Recovery - Go for a walk, stay loose, stretch.
Wednesday	18-Feb	Staying Sharp - Pyramids	20' of easy rowing followed by a pyramid of 10/20/30/20/10 w/ equal strokes off. 5-10' Cool-down.	SS=18-20, Pyramid strokes at race rate.	-	SS=+24, Pyramid strokes at Race Pace.	At the end of the 20' go right into pyramid. Equal strokes off in between. 10' of cool-down followed by stretching.
Thursday	19-Feb	Off	Off				Active Recovery - Go for a walk, stay loose, stretch.
Friday	20-Feb	Staying Sharp - Pyramids (optional)	20' of easy rowing followed by a pyramid of 10/20/30/20/10 w/equal strokes off. 5-10' Cool-down.	SS=18-20, Pyramid strokes at race rate.	-	SS=+24, Pyramid strokes at Race Pace.	If you want take this day off or modify workout such as only do 10' of rowing with a few 10's. If your legs are tired I would say take it off.
Saturday	21-Feb	Off	Off				
Sunday	22-Feb		Race -				Good Luck! Let me know how you do.

Weeks 7 and 8: 2 weeks until race day. Week 7 is the last week of hard work. Steady State work and weights are reduced. Wednesday 2/13, is short intervals, 30" on 15" off x20. The goal is to do all of this at pace. It should give you a good feel of what the race will feel like, but hopefully not wipe you out. The 1500M and 500M on Friday 2/15 is the last day of significant work. You can switch this to Saturday to give yourself another day of rest. Try to row this like the race. Week 8 has 2x500M and 2x250 on Monday. Not a lot of work. Don't kill these. Row at race pace for the 500's and a little faster for the 250's. Think about rowing well. That is it for the week. Wednesday and Friday is some light SS with some pyramid strokes at pace. Move these workouts around as you like. I like to take Friday and Saturday off before the race. You could also take Tuesday/Wed. off and then do the pyramid workout on Thursday. Use your judgment, but you really want to feel rested as the week goes on. Resist the urge to do more work. Eat well during the week and get as much sleep as you can. It will all help. Good luck and race hard and smart. TB

