

Training Program – Week of November 26, 2007

Day	Workout Goal	Workout	Rate	Rest	Intensity-HR	Notes
Monday	Steady State	55-75'	18/20 alternate each 5'	Each 20' stop for 1-2'	70-75%	Go longer if you want, but not harder. Row as much as you can on the square or ¼ feather.
Tuesday	Steady State or Weights	40-60'	18-20	-	70-75%	Try to do weight training or some type of cross training.
Wednesday	Steady State	2-3x19' 4x3x2x1x2x3x4	16/18/20/22/20/18/16 (do one piece starting at rate 18)	3'	75-80%	Make rate changes smoothly. As the rate comes down, keep pressure on so that you maintain rhythm.
Thursday	Same as Tuesday					Same as Tuesday
Friday	Steady State	45-60'	18/20 alternate each 5'	Each 20' stop for 1-2'	70-75%	Don't go too hard or long so that you are ready to do the max HR test.
Saturday	Max HR Test			-	-	Follow format on the home page. If you want you can take today off and do the test on Sunday.
Sunday	Off					

Warm-up for Leaving the Dock or on the erg

Feet out of foot stretchers for 5-8'! Then reverse pick drill. Top ½ of slide, legs only, legs & back, then legs/back w/ half arm break then full strokes. As you start out with top ½ of the slide feel like you are cupping the water. Even though it is a short stroke feel like you are moving the boat. Keep pressure on the blade/handle as long as you can. Keep a grip on the water.

Drills for this Period -

- **Square Blades – try to row as much of the steady state on the square.**
- **¼ Feather – Once you come out square, feather the blade slightly on the recovery. This sometimes leads to cleaner rowing on the recovery and for most it is easier than the full square.**
- **Do 40 placement drills each row. You can mix them up during the row. Do them during rest periods or when turning the boat.**

Notes:

- Follow this workout for the week. New program format will be introduced next week. Do a Max. HR test this weekend. Follow the format on the home page.

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