

Training Program - Weeks of November 12 and 19, 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 | 55-75' | 18/20 alternate each 5' | Each 20' stop for 1-2' | 70-75% | Try to go longer then you went the week before. |
| Saturday | AT | 3-4x10' 4x3x2x1 | 22/24/26/28 | 5' | 80-90% | Can make these competitive. Row as hard as you can for each rate. You can use the 1 st piece as a warm-up and then do 3 quality pieces at power. |
| Sunday | Off | | | | | |

Warm-up for Leaving the Dock

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 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:

- Most of you are done with Head Racing for the season. The next 2 weeks should be long easy steady state or cross training. Start doing weights again. If you still have a race to do follow the previous schedule to help you prepare.

**This plan is for members of TBfit.com users only, and should not be copied or distributed without permission from Tom Bohrer.*