

Renegade Rowing Training Plan Template

	Monday 11/3	Tuesday 11/4	Wed. 11/5	Thursday 11/6	Friday 11/7	Saturday 11/8	Sunday 11/9
Rowing	45 min SS @20-22	1k, 6x250m, 4x:45 On, :15 Off - Post # of Strokes at Goal Split	5x10min w/ 30sec rest @18-22	2x25min w/ 1min rest @20 for first @22 for second	50min, alt. rates every 10min @18-20-22-20-22	5x500m w/ 1:30 Rest	Rest Day
Fitness	5RFT - 10 OH Walking Lunges (45/25#), 10 Push Ups, 50 Double Unders		"Nancy in a Boat " 5RFT - 500m Row, 15 OHS		6RFT - 1 Wall Climb, 50m Bear Crawl, 5 Front Squats (115/75#), 20 Double Unders		Rest Day
Strength	3x10 Deadlift	Strict Press 6x6, Deadlift 6x6, Foam Rol Hips and Hamstrings Before and After	3x10 Back Squat	Push Press - heavy single, Back Squat 6x6	3x10 Shoulder Press	Dumbbell Rows 6x3 Slow no rebound, Deadhang Pullups 5x10 add weight if easy, Front Squat 6x6	Rest Day