

# Renegade Rowing Training Plan 3-23-15

	Monday 3/23	Tuesday 3/24	Wed. 3/25	Thursday 3/26	Friday 3/27	Saturday 3/28	Sunday 3/29
Rowing	"The Castle" 21min Varying Rates	6x650m w/ 2min Rest @Race Pace	4x10min w/ 3min rest @26 Cat IV Effort		4x11min pyramids w/ 1min rest @22- 24-26-24-22 Cat IV Effort	3k (@2k+5), 6min rest, 2.5k (@2k+4), 5min rest, 2k (@2k+3)	Rest Day
Fitness	EMOM15 (:30 Work, :30 Rest) 1st Min: Push Up 2nd Min: Pull Up (scale w/ ring rows) 3rd Min: Box Jumps (20")		EMOM15 (:30 Work, :30 Rest) 1st Min: Box Dips 2nd Min: Ring Rows 3rd Min: Squat Jumps		5x Hill Sprints (Find a Hill) (Sprint Up) (Walk Down) (Go Big or Go Home)		Rest Day
Strength		20min - Superset: a.) Deadlift Heavy 3-3-3 b.) 5 Paloff Press Each Side		20min - Superset: a.) Front Squat Heavy 3-3-3 b.) Shoulder Press Heavy 3-3-3			Rest Day

Rowing Blocks	Endurance	Category VI	0-70% of max HR, medium difficulty - can hold a conversation but aware of breathing
		Category V	70-80% of max HR, difficult - can say one or two sentences, increased breathing to speak
	Race Prep	Category IV	80-90% of max HR, very difficult - cannot talk comfortably
		Category III	90-95% of max HR, not quite all out effort - cannot speak more than a few words at a time