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omments	F I	Please tick the box next to ea t is important to work on ted	sessions at home in the eveni ach session when complete to chnique to get the best speed i	help maintain focus				
	,	AM and PM sessions should	be 8hr apart(ideally)					
		MON	TUE	WED	THU	FRI	SAT	SUN
ys Until Race		83	82	81	80	79	78	77
	АМ	ROW □ 12km Row HR Zone 2 Technique	OFF	ROW □ 12km Row HR Zone 2 Technique	OFF	ROW □ 12km Row HR Zone 2 Technique	ROW □ 12km Row HR Zone 2 Technique	OFF
Week								
1		GYM □	ERGO □		ERGO □	GYM □		
•		Strength	2x30min @R18-20		2x30min @R18-20	Strength		
	РМ	&	HR Zone 2 -Technique	OFF	HR Zone 2 -Technique	&	OFF	
	L IVI	Core	5 min walk inbetween	OFF	5 min walk inbetween	Core	Ol I	
		Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min
		Stretch 30mm	Stretch 30mm u	Stretch 30mm 🗆	Stretch 30mm 1	Stretch 30mm 🗆	Stretch soffill	Stretch Summ L
		MON	TUE	WED	THU	FRI	SAT	SUN
s Until Race		76	75	74	73	72	71	70
		ROW □		ROW □		ROW □	ROW □	
		13km Row		13km Row		13km Row	13km Row	
	AM	HR Zone 2 Technique	OFF	HR Zone 2 Technique	OFF	HR Zone 2 Technique	HR Zone 2 Technique	OFF
		·		·		· ·	·	
Week								
2		GYM □	ERGO □		ERGO □	GYM □		
		Strength	2x30min @R18-20		2x30min @R18-20	Strength		
	PM	&	HR Zone 2 -Technique	OFF	HR Zone 2 -Technique	&	OFF	
	_	Core	5 min walk inbetween		5 min walk inbetween	Core		
		Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min =
		MON	TUE	WED	THU	FRI	SAT	SUN
s Until Race		69	68	67	66	65	64	63
		ROW 🗆		ROW 🗆		ROW □	ROW 🗆	
		14km Row		14km Row		14km Row	14km Row	
	AM	HR Zone 2 Technique	OFF	HR Zone 2 Technique	OFF	HR Zone 2 Technique	HR Zone 2 Technique	OFF
Week								
3		GYM □	ERGO □		ERGO □	GYM □		
		Strength	2x30min @R18-20		2x30min @R18-20	Strength		
	PM	&	HR Zone 2 -Technique	OFF	HR Zone 2 -Technique	&	OFF	
		Core	5 min walk inbetween		5 min walk inbetween	Core		
		Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min
		MON	TUE	WED	THU	FRI	SAT	SUN
s Until Race		62	61	60	59	58	57	56
o onthi Nace		ROW □	51	ROW □	J,	ROW □	ROW 🗆	
		13km Row		13km Row		13km Row	13km Row	
	АМ	HR Zone 2 Technique	OFF	HR Zone 2 Technique	OFF	HR Zone 2 Technique	HR Zone 2 Technique	OFF
	AIVI	Titt Zone Z Teeninque	OI I	The Zone Z recinique	OI I	The Zone Z recinique	Titt Zone Z recinique	011
Week								
		GYM □	ERGO □		ERGO □	GYM □		
4					0.00 : 0.040.00	01 11		
4		Strength	2x30min @R18-20		2x30min @R18-20	Strength		
4	РМ	Strength &	2x30min @R18-20 HR Zone 2 -Technique	OFF	2x30min @R18-20 HR Zone 2 -Technique	Strength &	OFF	
4	РМ			OFF			OFF	

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		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		55	54	53	52	51	50	49
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	АМ	ROW □ 14km Row HR Zone 2 Technique	OFF	ROW □ 14km Row HR Zone 2 Technique	OFF	ROW □ 14km Row HR Zone 2 Technique	ROW □ 14km Row HR Zone 2 Technique	OFF
Week								
5	PM	GYM □ Strength &	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique	OFF	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique	GYM □ Strength &	OFF	
		Core	5 min walk inbetween		5 min walk inbetween	Core		
		Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆
		MON	T. 15	WED	7 1111		217	OUN
Days Until Race		MON 48	TUE 47	WED 46	THU 45	FRI 44	SAT 43	SUN 42
Week	АМ	ROW □ 15km Row HR Zone 2 Technique	OFF	ROW □ 15km Row HR Zone 2 Technique	OFF	ROW □ 15km Row HR Zone 2 Technique	ROW □ 15km Row HR Zone 2 Technique Plus 2x250m Race Pace	OFF
6	PM	GYM □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	OFF	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	GYM □ Strength & Core	OFF	
		Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆
		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race Week	АМ	41 ROW □ 14km Row HR Zone 2 Technique	40 OFF	39 ROW □ 14km Row HR Zone 2 Technique	38 OFF	37 ROW □ 14km Row HR Zone 2 Technique	36 ROW □ 14km Row HR Zone 2 Technique Plus 3x250m Race Pace	35 OFF
7	PM	GYM □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	OFF	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	GYM □ Strength & Core	OFF	
		Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆
		MON	T11F	WED	T 1111	FDI	0.17	OUN
David Hadil David		MON 34	TUE 33	WED 32	THU	FRI 30	SAT 29	SUN
Days Until Race Week	АМ	ROW 15km Row HR Zone 2 Technique	OFF	ROW 15km Row HR Zone 2 Technique	31 OFF	ROW 15km Row HR Zone 2 Technique	ROW ROW 15km Row HR Zone 2 Technique Plus 4x250m Race Pace	28 OFF
8		GYM □ Strength &	ERGO □ 2x30min @R18-20	orr	ERGO □ 2x30min @R18-20	GYM □ Strength		
			HR Zone 2 -Technique	OFF	HR Zone 2 -Technique	&	OFF	
	PM	Core Stretch 30min	5 min walk inbetween Stretch 30min	Stretch 30min	5 min walk inbetween Stretch 30min	Core Stretch 30min	Stretch 30min	Stretch 30min 🗆

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		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		27	26	25	24	23	22	21
Week	АМ	ROW □ 16km Row HR Zone 2 Technique	OFF	ROW □ 16km Row HR Zone 2 Technique	OFF	ROW □ 16km Row HR Zone 2 Technique	ROW □ 16km Row HR Zone 2 Technique Plus 5x250m Race Pace	OFF
		A) (1)				0.01		
9	РМ	GYM □ Strength & Core	ERGO □ 4x3min @Race Rating Max Effort 5 min rest inbetween	OFF	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	GYM □ Strength & Core	OFF	
		Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆
		MON	THE	WED	TILL	FDI	CAT	CUN
Days Until Race		MON 20	TUE 19	WED 18	THU 17	FRI 16	SAT 15	SUN 14
Week	АМ	ROW □ 15km Row HR Zone 2 Technique	OFF	ROW □ 15km Row HR Zone 2 Technique	OFF	ROW □ 15km Row HR Zone 2 Technique	ROW □ 15km Row HR Zone 2 Technique Incl. 6x250m Race Pace	OFF
		200				0)414		
10	РМ	GYM □ Strength & Core	ERGO □ 5x3min @Race Rating Max Effort 5 min rest inbetween	OFF	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	GYM □ Strength & Core	OFF	
		Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min 🗆	Stretch 30min
		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race Week	АМ	13 ROW □ 16km Row HR Zone 2 Technique	12 OFF	11 ROW □ 16km Row HR Zone 2 Technique	10 OFF	9 ROW □ 16km Row HR Zone 2 Technique	8 ROW □ 16km Row HR Zone 2 Technique Incl. 8x250m Race Pace	7 OFF
11	РМ	GYM □ Strength & Core	ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween	OFF	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	GYM □ Strength & Core	OFF	
		Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗉	Stretch 30min 🗉
		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race			IUE	WED				0 0
		6	E	4				
Week	АМ	6 ROW □ 12km Row HR Zone 2 Technique	5 OFF	4 ROW □ 12km Row HR Zone 2 Technique	3 OFF	2 ROW □ 12km Row HR Zone 2 Technique (Optional)	1 ROW □ 8km Row HR Zone 2 Technique Incl. 2x250m Race Pace	Race Day
		ROW 12km Row HR Zone 2 Technique GYM Strength	OFF ERGO □ 4x3min @Race Rating	ROW □ 12km Row HR Zone 2 Technique	OFF ERGO □ 2x30min @R18-20	ROW □ 12km Row HR Zone 2 Technique (Optional)	ROW □ 8km Row HR Zone 2 Technique Incl. 2x250m Race Pace	
Week	AM PM	ROW 12km Row HR Zone 2 Technique GYM	OFF ERGO □	ROW □ 12km Row	OFF ERGO □	ROW □ 12km Row HR Zone 2 Technique	ROW □ 8km Row HR Zone 2 Technique Incl. 2x250m	