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omments	F	Please tick the box next to ea	sessions at home in the eveni ach session when complete to chnique to get the best speed i 8hr apart	help maintain focus				
		MON	TUE	WED	THU	FRI	SAT	SUN
ays Until Race		83	82	81	80	79	78	77
	АМ	ROW □ 14km Row HR Zone 2 Technique	ROW □ 14km Row HR Zone 2 Technique	ROW □ 14km Row HR Zone 2 Technique	OFF	ROW □ 14km Row HR Zone 2 Technique	ROW □ 14km Row HR Zone 2 Technique	OFF
Week								
1		GYM □	ERGO □	GYM □	ERGO □	GYM □		
	PM	Strength &	2x30min @R18-20 HR Zone 2 -Technique	Strength &	2x30min @R18-20 HR Zone 2 -Technique	Strength &	OFF	
		Core	5 min walk inbetween	Core	5 min walk inbetween	Core	5.1	
		Stretch 30min 🗆	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min 🗆	Stretch 30min 🗆
		MON	TUE	WED	THU	FRI	SAT	SUN
ys Until Race		76	75	74	73	72	71	70
	АМ	ROW □ 15km Row HR Zone 2 Technique	ROW □ 15km Row HR Zone 2 Technique	ROW □ 15km Row HR Zone 2 Technique	OFF	ROW □ 15km Row HR Zone 2 Technique	ROW □ 15km Row HR Zone 2 Technique	OFF
Week								
2	214	GYM □ Strength	ERGO □ 2x30min @R18-20	GYM □ Strength	ERGO □ 2x30min @R18-20	GYM □ Strength	OFF	
	PM	& Core	HR Zone 2 -Technique 5 min walk inbetween	& Core	HR Zone 2 -Technique 5 min walk inbetween	& Core	OFF	
		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
yo onu nace	АМ	ROW □ 16km Row HR Zone 2 Technique	ROW □ 16km Row HR Zone 2 Technique	ROW □ 16km Row HR Zone 2 Technique	OFF	ROW □ 16km Row HR Zone 2 Technique	ROW □ 16km Row HR Zone 2 Technique	OFF
Week								
3		GYM □	ERGO □	GYM □	ERGO □	GYM □		
	PM	Strength &	2x30min @R18-20 HR Zone 2 -Technique	Strength &	2x30min @R18-20 HR Zone 2 -Technique	Strength &	OFF	
		Core Stretch 30min 🗆	5 min walk inbetween Stretch 30min 🗆	Core Stretch 30min	5 min walk inbetween Stretch 30min 🗆	Core Stretch 30min	Stretch 30min 🗆	Stretch 30min
ys Until Race		MON 62	TUE 61	WED 60	THU 59	FRI 58	SAT 57	SUN 56
ya Unun Kace		ROW □	ROW 🗆	ROW 🗆	39	ROW 🗆	ROW 🗆	30
		15km Row	15km Row	15km Row		15km Row	15km Row	
	AM	HR Zone 2 Technique	HR Zone 2 Technique	HR Zone 2 Technique	OFF	HR Zone 2 Technique	HR Zone 2 Technique	OFF
Week								
4		GYM □	ERGO □	GYM □	ERGO □	GYM □		
	PM	Strength &	2x30min @R18-20 HR Zone 2 -Technique	Strength &	2x30min @R18-20 HR Zone 2 -Technique	Strength &	OFF	
		Core	5 min walk inbetween	Core	5 min walk inbetween	Core		
		Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min

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		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		55	54	53	52	51	50	49
	АМ	ROW □ 16km Row HR Zone 2 Technique	ROW □ 16km Row HR Zone 2 Technique	ROW □ 16km Row HR Zone 2 Technique	OFF	ROW □ 16km Row HR Zone 2 Technique	ROW □ 16km Row HR Zone 2 Technique	OFF
Week								
5		GYM □ Strength	ERGO □ 2x30min @R18-20	GYM □ Strength	ERGO □ 2x30min @R18-20	GYM □ Strength		
	РМ	& Core	HR Zone 2 -Technique 5 min walk inbetween	& Core	HR Zone 2 -Technique 5 min walk inbetween	& 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	АМ	48 ROW □ 17km Row HR Zone 2 Technique	47 ROW □ 17km Row HR Zone 2 Technique	46 ROW □ 17km Row HR Zone 2 Technique	45 OFF	44 ROW □ 17km Row HR Zone 2 Technique	43 ROW □ 17km Row HR Zone 2 Technique Plus 2x250m	42 OFF
Week							Race Pace	
6	D14	GYM □ Strength	ERGO = 2x30min @R18-20	GYM □ Strength	ERGO □ 2x30min @R18-20	GYM □ Strength	ore.	
	PM	& Core	HR Zone 2 -Technique 5 min walk inbetween	& Core	HR Zone 2 -Technique 5 min walk inbetween	& Core	OFF	
		Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min
		Stretch Somm	Stretch Somm	Stretch Sommi	Stretch Somm	Stretch Sommi	Stretch Somm	Stretch Somm
		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		41	40	39	38	37	36	35
Week	АМ	ROW 16km Row HR Zone 2 Technique	ROW 16km Row HR Zone 2 Technique	ROW □ 16km Row HR Zone 2 Technique	OFF	ROW □ 16km Row HR Zone 2 Technique	ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace	OFF
7	РМ	GYM □ Strength &	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique	GYM □ Strength &	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique	GYM □ Strength &	OFF	
		Core	5 min walk inbetween	Core	5 min walk inbetween	Core		
		Core Stretch 30min 🗆	5 min walk inbetween Stretch 30min 🗆	Core Stretch 30min 🗆	5 min walk inbetween Stretch 30min 🗆		Stretch 30min 🗆	Stretch 30min 🛚
		Stretch 30min 🛚	Stretch 30min 🛚	Stretch 30min 🛮	Stretch 30min 🛚	Core Stretch 30min 🗆		
Dave Until Dage		Stretch 30min 🛚 MON	Stretch 30min 🛚 TUE	Stretch 30min 🛚 WED	Stretch 30min 🛚	Core Stretch 30min □ FRI	SAT	SUN
Days Until Race	AM	Stretch 30min 🛚	Stretch 30min 🛚	Stretch 30min 🛮	Stretch 30min 🛚	Core Stretch 30min 🗆	SAT 29 ROW □ 17km Row HR Zone 2 Technique Plus 4x250m	
Days Until Race Week	АМ	Stretch 30min MON 34 ROW 17km Row	Stretch 30min □ TUE 33 ROW □ 17km Row	Stretch 30min WED 32 ROW 17km Row	Stretch 30min _ THU 31	Core Stretch 30min FRI 30 ROW 17km Row	SAT 29 ROW □ 17km Row HR Zone 2 Technique	SUN 28
		Stretch 30min MON 34 ROW 17km Row HR Zone 2 Technique GYM Strength	Stretch 30min TUE 33 ROW 17km Row HR Zone 2 Technique ERGO 2x30min @R18-20	Stretch 30min WED 32 ROW 17km Row HR Zone 2 Technique GYM Strength	Stretch 30min THU 31 OFF ERGO 2x30min @R18-20	Core Stretch 30min FRI 30 ROW 17km Row HR Zone 2 Technique GYM Strength	SAT 29 ROW □ 17km Row HR Zone 2 Technique Plus 4x250m Race Pace	SUN 28
Week	AM	Stretch 30min MON 34 ROW 17km Row HR Zone 2 Technique GYM Strength &	Stretch 30min TUE 33 ROW 17km Row HR Zone 2 Technique ERGO 2x30min @R18-20 HR Zone 2 -Technique	Stretch 30min WED 32 ROW 17km Row HR Zone 2 Technique GYM Strength &	Stretch 30min THU 31 OFF ERGO 2x30min @R18-20 HR Zone 2 -Technique	Core Stretch 30min FRI 30 ROW 17km Row HR Zone 2 Technique GYM Strength &	SAT 29 ROW □ 17km Row HR Zone 2 Technique Plus 4x250m	SUN 28
Week		Stretch 30min MON 34 ROW 17km Row HR Zone 2 Technique GYM Strength	Stretch 30min TUE 33 ROW 17km Row HR Zone 2 Technique ERGO 2x30min @R18-20	Stretch 30min WED 32 ROW 17km Row HR Zone 2 Technique GYM Strength	Stretch 30min THU 31 OFF ERGO 2x30min @R18-20	Core Stretch 30min FRI 30 ROW 17km Row HR Zone 2 Technique GYM Strength	SAT 29 ROW □ 17km Row HR Zone 2 Technique Plus 4x250m Race Pace	SUN 28

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		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		27	26	25	24	23	22	21
Week	АМ	ROW □ 18km Row HR Zone 2 Technique	ROW □ 18km Row HR Zone 2 Technique	ROW □ 18km Row HR Zone 2 Technique	OFF	ROW □ 18km Row HR Zone 2 Technique	ROW □ 18km Row HR Zone 2 Technique Plus 5x250m Race Pace	OFF
9		OVM	FDOO	0)/14	FDOO	OVA		
g	PM	GYM □ Strength & Core	ERGO □ 4x3min @Race Rating Max Effort 5 min rest inbetween	GYM □ Strength & Core	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		20	19	18	17	16	15	14
Week	АМ	ROW □ 17km Row HR Zone 2 Technique	ROW □ 17km Row HR Zone 2 Technique	ROW □ 17km Row HR Zone 2 Technique	OFF	ROW □ 17km Row HR Zone 2 Technique	ROW □ 17km Row HR Zone 2 Technique Incl. 6x250m Race Pace	OFF
40		01/14	FDGG	0/44	rnoo.	0/44		
10	РМ	GYM □ Strength & Core	ERGO □ 5x3min @Race Rating Max Effort 5 min rest inbetween	GYM □ Strength & Core	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	AM	MON 13 ROW □ 18km Row HR Zone 2 Technique	TUE 12 ROW 18km Row HR Zone 2 Technique					SUN 7 OFF
Week	АМ	13 ROW □ 18km Row HR Zone 2 Technique	12 ROW □ 18km Row HR Zone 2 Technique	WED 11 ROW □ 18km Row HR Zone 2 Technique	THU 10 OFF	FRI 9 ROW □ 18km Row HR Zone 2 Technique	SAT 8 ROW □ 18km Row HR Zone 2 Technique Incl. 8x250m	7
	AM PM	13 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core	12 ROW □ 18km Row HR Zone 2 Technique ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween	WED 11 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core	THU 10 OFF ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	FRI 9 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core	SAT 8 ROW □ 18km Row HR Zone 2 Technique Incl. 8x250m Race Pace	7 OFF
Week		13 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength &	12 ROW □ 18km Row HR Zone 2 Technique ERGO □ 6x3min @Race Rating Max Effort	WED 11 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength &	THU 10 OFF ERGO 2x30min @R18-20 HR Zone 2 -Technique	FRI 9 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength &	SAT 8 ROW □ 18km Row HR Zone 2 Technique Incl. 8x250m Race Pace	7
Week		13 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core	12 ROW □ 18km Row HR Zone 2 Technique ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween	WED 11 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core	THU 10 OFF ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	FRI 9 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core	SAT 8 ROW □ 18km Row HR Zone 2 Technique Incl. 8x250m Race Pace	7 OFF
Week		13 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □	12 ROW □ 18km Row HR Zone 2 Technique ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min □	WED 11 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □	THU 10 OFF ERGO □ 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min □	FRI 9 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □	SAT 8 ROW □ 18km Row HR Zone 2 Technique Incl. 8x250m Race Pace OFF Stretch 30min □	7 OFF Stretch 30min □
Week 11		13 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □	12 ROW □ 18km Row HR Zone 2 Technique ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min □ TUE	WED 11 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □	THU 10 OFF ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min THU	FRI 9 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □	SAT 8 ROW □ 18km Row HR Zone 2 Technique Incl. 8x250m Race Pace OFF Stretch 30min □	7 OFF Stretch 30min SUN
Week 11 Days Until Race	PM	13 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □ MON 6 ROW □ 14km Row	12 ROW □ 18km Row HR Zone 2 Technique ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min □ TUE 5 ROW □ 14km Row	WED 11 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □ WED 4 ROW □ 14km Row	THU 10 OFF ERGO □ 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min □ THU 3	FRI 9 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □ FRI 2 ROW □ 14km Row HR Zone 2 Technique	SAT 8 ROW □ 18km Row HR Zone 2 Technique Incl. 8x250m Race Pace OFF Stretch 30min □ SAT 1 ROW □ 10km Row HR Zone 2 Technique Incl. 2x250m	7 OFF Stretch 30min SUN 0
Week 11 Days Until Race	PM	13 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □ MON 6 ROW □ 14km Row	12 ROW □ 18km Row HR Zone 2 Technique ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min □ TUE 5 ROW □ 14km Row	WED 11 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □ WED 4 ROW □ 14km Row	THU 10 OFF ERGO □ 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min □ THU 3	FRI 9 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □ FRI 2 ROW □ 14km Row HR Zone 2 Technique	SAT 8 ROW □ 18km Row HR Zone 2 Technique Incl. 8x250m Race Pace OFF Stretch 30min □ SAT 1 ROW □ 10km Row HR Zone 2 Technique Incl. 2x250m	7 OFF Stretch 30min SUN 0
Week 11 Days Until Race Week	РМ	ROW 18km Row 18km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min MON 6 ROW 14km Row HR Zone 2 Technique GYM Strength	12 ROW □ 18km Row HR Zone 2 Technique ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min □ TUE 5 ROW □ 14km Row HR Zone 2 Technique ERGO □ 4x3min @Race Rating	WED 11 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □ WED 4 ROW □ 14km Row HR Zone 2 Technique	THU 10 OFF ERGO □ 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min □ THU 3 OFF ERGO □ 2x30min @R18-20	FRI 9 ROW □ 18km Row HR Zone 2 Technique GYM □ Strength & Core Stretch 30min □ FRI 2 ROW □ 14km Row HR Zone 2 Technique (Optional)	SAT 8 ROW □ 18km Row HR Zone 2 Technique Incl. 8x250m Race Pace OFF Stretch 30min □ SAT 1 ROW □ 10km Row HR Zone 2 Technique Incl. 2x250m Race Pace	7 OFF Stretch 30min SUN 0