Comments	Include additional stretching sessions at home in the evenings, daily if possible Please tick the box next to each session when complete to help maintain focus It is important to work on technique to get the best speed improvements

		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		83	82	81	80	79	78	77
Week 1	AM	OFF	ROW □ 8km Row HR Zone 2 Technique	OFF	ROW □ 8km Row HR Zone 2 Technique	OFF	ROW □ 8km Row HR Zone 2 Technique	OFF
	PM	GYM □ Strength & Core	OFF	ERGO □ 16min @R18-20 HR Zone 2 -Technique	OFF	RUN or BIKE □ 20min HR Zone 2	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		76	75	74	73	72	71	70
Week 2	AM	OFF	ROW □ 9 km Row HR Zone 2 Technique	OFF	ROW □ 9 km Row HR Zone 2 Technique	OFF	ROW □ 9 km Row HR Zone 2 Technique	OFF
	PM	GYM □ Strength & Core	OFF	ERGO □ 20min @R18-20 HR Zone 2 -Technique	OFF	RUN or BIKE □ 25min HR Zone 2	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		69	68	67	66	65	64	63
Week 3	AM	OFF	ROW □ 10km Row HR Zone 2 Technique	OFF	ROW □ 10km Row HR Zone 2 Technique	OFF	ROW □ 10km Row HR Zone 2 Technique	OFF
	PM	GYM □ Strength & Core	OFF	ERGO □ 22min @R18-20 HR Zone 2 -Technique	OFF	RUN or BIKE □ 30min HR Zone 2	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		62	61	60	59	58	57	56
Week 4	AM	OFF	ROW □ 9km Row HR Zone 2 Technique	OFF	ROW □ 9km Row HR Zone 2 Technique	OFF	ROW □ 9km Row HR Zone 2 Technique	OFF
	PM	GYM □ Strength & Core	OFF	ERGO □ 24min @R18-20 HR Zone 2 -Technique	OFF	RUN or BIKE □ 25min HR Zone 2	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	55	54	53	52	51	50	49
Week 5 AM	OFF	10km Row **ROW** □ HR Zone 2 Technique	OFF	10km Row **ROW** □ HR Zone 2 Technique	OFF	10km Row **ROW** □ HR Zone 2 Technique	OFF
Week 5 PM	**GYM** □ Strength & Core	OFF	**ERGO** □ 28min @R18-20 HR Zone 2 -Technique	OFF	**RUN or BIKE** □ 30min HR Zone 2	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	48	47	46	45	44	43	42
Week 6 AM	OFF	**ROW** □ 11km Row HR Zone 2 Technique	OFF	**ROW** □ 11km Row HR Zone 2 Technique	OFF	**ROW** □ 11km Row HR Zone 2 Technique	OFF
Week 6 PM	**GYM** □ Strength & Core	OFF	**ERGO** □ 30min @R18-20 HR Zone 2 -Technique	OFF	**RUN or BIKE** □ 35min HR Zone 2	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	41	40	39	38	37	36	35
Week 7 AM	OFF	**ROW** □ 10km Row HR Zone 2 Technique	OFF	**ROW** □ 10km Row HR Zone 2 Technique	OFF	**ROW** □ 10km Row HR Zone 2 Technique	OFF
Week 7 PM	**GYM** □ Strength & Core	OFF	**ERGO** □ 2x16min @R18-20 HR Zone 2 -Technique	OFF	**RUN or BIKE** □ 30min HR Zone 2	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	34	33	32	31	30	29	28
Week 8 AM	OFF	**ROW** □ 11km Row HR Zone 2 Technique	OFF	**ROW** □ 11km Row HR Zone 2 Technique	OFF	**ROW** □ 11km Row HR Zone 2 Technique incl. 1x250m Race Pace	OFF
Week 8 PM	**GYM** □ Strength & Core	OFF	**ERGO** □ 2x 17min @R18-20 HR Zone 2 -Technique	OFF	**RUN or BIKE** □ 35min HR Zone 2	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		27	26	25	24	23	22	21
Week 9	AM	OFF	ROW □ 12km Row HR Zone 2 Technique	OFF	ROW □ 12km Row HR Zone 2 Technique	OFF	ROW □ 12km Row incl. 2x250m Race Pace	OFF
	PM	GYM □ Strength & Core	OFF	ERGO □ 5x1min @Race Rating Max Effort 5 min rest inbetween	OFF	RUN or BIKE □ 40min HR Zone 2	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 10	AM	OFF	ROW □ 11km Row HR Zone 2 Technique	OFF	ROW □ 11km Row HR Zone 2 Technique	OFF	ROW □ 11km Row incl. 3x250m Race Pace	OFF
	PM	GYM □ Strength & Core	OFF	ERGO □ 5x2min @Race Rating Max Effort 5 min rest inbetween	OFF	RUN or BIKE □ 35min HR Zone 2	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		13	12	11	10	9	8	7
Week 11	AM	OFF	ROW □ 12km Row HR Zone 2 Technique	OFF	ROW □ 12km Row HR Zone 2 Technique	OFF	ROW □ 12km Row incl. 4x250m Race Pace	OFF
	PM	GYM □ Strength & Core	OFF	ERGO □ 5x3min @Race Rating Max Effort 5 min rest inbetween	OFF	RUN or BIKE □ 40min HR Zone 2	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		6	5	4	3	2	1	0
Week 12	AM	OFF	ROW □ 8km Row HR Zone 2 Technique	OFF	ROW □ 8km Row HR Zone 2 Technique	OFF	ROW □ 6km Row HR Zone 2 Technique incl. 2x250m Race Pace	Race Day
	PM	GYM □ Strength & Core	OFF	ERGO □ 4x3min @Race Rating Max Effort 5 min rest inbetween	OFF	RUN or BIKE □ 30min HR Zone 2 (Optional)	OFF	
		Stretch 30min □	Stretch 30min □	Stretch 30min □	Stretch 30min □	Stretch 30min □	Stretch 30min □	Stretch 30min □