12 Week Training Program - Elite www.decentrowing.com

Comments		Please tick the box next to ea	sessions at nome in the even ach session when complete to chique to get the best speed i 8hr apart	help maintain focus				
		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		83	82	81	80	79	78	77
	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								
1	PM	GYM □ Strength & Core Stretch 30min □	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min □	GYM □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min □	GYM □ Strength & Core Stretch 30min □	OFF Stretch 30min □	Stretch 30min 🛚
		Stretch sommi	Stretch 30min 1	Stretch 30min 🗆	Stretch 30mm 1	Stretch 30mm 1	Stretch 30mm 1	Stretch 30mm 1
		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race	AM	76 ROW □ 18km Row HR Zone 2 Technique	75 ROW □ 18km Row HR Zone 2 Technique	74 ROW □ 18km Row HR Zone 2 Technique	73 OFF	72 ROW □ 18km Row HR Zone 2 Technique	71 ROW □ 18km Row HR Zone 2 Technique	70 OFF
Week								
2	PM	GYM □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk 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		69	68	67	66	65	64	63
	АМ	ROW □ 20km Row HR Zone 2 Technique	ROW □ 20km Row HR Zone 2 Technique	ROW □ 20km Row HR Zone 2 Technique	OFF	ROW □ 20km Row HR Zone 2 Technique	ROW □ 20km Row HR Zone 2 Technique	OFF
Week								
3	PM	GYM □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk 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	AM	62 ROW □ 18km Row HR Zone 2 Technique	61 ROW □ 18km Row HR Zone 2 Technique	60 ROW □ 18km Row HR Zone 2 Technique	59 OFF	58 ROW □ 18km Row HR Zone 2 Technique	57 ROW □ 18km Row HR Zone 2 Technique	56 OFF
Week				·			· ·	
4	РМ	GYM □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk 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

Include additional stretching sessions at home in the evenings, daily if possible

Comments

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Days Until Race		MON	TUE	WED	THU	FRI	SAT	SUN
		55	54	53	52	51	50	49
	АМ	ROW □ 20km Row HR Zone 2 Technique	ROW □ 20km Row HR Zone 2 Technique	ROW □ 20km Row HR Zone 2 Technique	OFF	ROW □ 20km Row HR Zone 2 Technique	ROW □ 20km Row HR Zone 2 Technique	OFF
Week								
5	PM	GYM □ Strength & Core Stretch 30min □	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min □	GYM □ Strength & Core Stretch 30min □	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min □	GYM □ Strength & Core Stretch 30min □	OFF Stretch 30min □	Stretch 30min 🛘
	100 100 100 100	Otreton domini d	oucton commit is	otreton commit is	otreton commit is	Otteton ooniin E	otreton commit E	Circion Commit
		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		48	47	46	45	44	43	42
Week	АМ	ROW □ 22km Row HR Zone 2 Technique	ROW □ 22km Row HR Zone 2 Technique	ROW □ 22km Row HR Zone 2 Technique	OFF	ROW □ 22km Row HR Zone 2 Technique	ROW □ 22km Row HR Zone 2 Technique Plus 2x250m Race Pace	OFF
		OVA	FROO	OVA	FROO	OVA		
6	РМ	GYM □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk 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		41	40	39	38	37	36	35
		ROW □	2011			ROW □	ROW □	
Week	АМ	20km Row HR Zone 2 Technique	ROW □ 20km Row HR Zone 2 Technique	ROW □ 20km Row HR Zone 2 Technique	OFF	20km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique Plus 4x250m Race Pace	OFF
	АМ	20km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique		20km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique Plus 4x250m	OFF
Week 7	AM PM	20km Row	20km Row	20km Row	OFF ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	20km Row	20km Row HR Zone 2 Technique Plus 4x250m	OFF
		20km Row HR Zone 2 Technique GYM Strength &	20km Row HR Zone 2 Technique ERGO 2x30min @R18-20 HR Zone 2 -Technique	20km Row HR Zone 2 Technique GYM Strength	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique	20km Row HR Zone 2 Technique GYM Strength	20km Row HR Zone 2 Technique Plus 4x250m Race Pace	OFF Stretch 30min
		20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique Plus 4x250m Race Pace OFF Stretch 30min	Stretch 30min □
7		20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min TUE	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min □	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique Plus 4x250m Race Pace OFF Stretch 30min	Stretch 30min □
		20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min MON 34	20km Row HR Zone 2 Technique ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min TUE 33	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min WED 32	ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique Plus 4x250m Race Pace OFF Stretch 30min SAT 29	Stretch 30min □
7		20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min TUE	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min □	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique Plus 4x250m Race Pace OFF Stretch 30min	Stretch 30min □
7 Days Until Race	PM	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min MON 34 ROW 22km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min TUE 33 ROW 22km Row HR Zone 2 Technique ERGO	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min WED 32 ROW 22km Row HR Zone 2 Technique	ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min THU 31 OFF	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min FRI 30 ROW 22km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique Plus 4x250m Race Pace OFF Stretch 30min SAT 29 ROW 22km Row HR Zone 2 Technique Plus 6x250m	Stretch 30min SUN 28
7 Days Until Race Week	PM	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min MON 34 ROW 22km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min TUE 33 ROW 22km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min WED 32 ROW 22km Row HR Zone 2 Technique	ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min THU 31	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min FRI 30 ROW 22km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique Plus 4x250m Race Pace OFF Stretch 30min SAT 29 ROW 22km Row HR Zone 2 Technique Plus 6x250m	Stretch 30min SUN 28
7 Days Until Race Week	РМ	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min MON 34 ROW 22km Row HR Zone 2 Technique GYM Strength	20km Row HR Zone 2 Technique ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min TUE 33 ROW 22km Row HR Zone 2 Technique ERGO 2x30min @R18-20 HR Zone 2 -Technique	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min WED 32 ROW 22km Row HR Zone 2 Technique GYM Strength	ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min THU 31 OFF ERGO 2x30min @R18-20 HR Zone 2 -Technique	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min FRI 30 ROW 22km Row HR Zone 2 Technique GYM Strength &	20km Row HR Zone 2 Technique Plus 4x250m Race Pace OFF Stretch 30min 29 ROW 22km Row HR Zone 2 Technique Plus 6x250m Race Pace	Stretch 30min 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 □ 24km Row HR Zone 2 Technique	ROW □ 24km Row HR Zone 2 Technique	ROW □ 24km Row HR Zone 2 Technique	OFF	ROW □ 24km Row HR Zone 2 Technique	ROW □ 24km Row HR Zone 2 Technique Plus 7x250m Race Pace	OFF
9	PM	GYM □ Strength & Core	ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min □	GYM □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min □	GYM □ Strength & Core	OFF Stretch 30min □	Stretch 30min 🛘
		Stretch 30min 🗆	Stretch Sumin	Stretch 30min 🗆	Stretch 30mm 🗓	Stretch 30min 🛚	Stretch summ u	Stretch 30min 1
		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		20	19	18	17	16	15	14
Week	АМ	ROW □ 22km Row HR Zone 2 Technique	ROW □ 22km Row HR Zone 2 Technique	ROW □ 22km Row HR Zone 2 Technique	OFF	ROW □ 22km Row HR Zone 2 Technique	ROW □ 22km Row HR Zone 2 Technique Incl. 8x250m Race Pace	OFF
10	PM	GYM □ Strength & Core	ERGO □ 7x3min @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		13 ROW □	12 ROW □	11 ROW □	10	9 ROW □	8 ROW □	7
Week	AM	20km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique	OFF	20km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique Incl. 10x250m Race Pace	OFF
Week 11	AM PM	20km Row	20km Row	20km Row	OFF ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween		20km Row HR Zone 2 Technique Incl. 10x250m	OFF
		20km Row HR Zone 2 Technique GYM Strength &	20km Row HR Zone 2 Technique ERGO 8x3min @Race Rating Max Effort	20km Row HR Zone 2 Technique GYM Strength	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique	HR Zone 2 Technique GYM □ Strength &	20km Row HR Zone 2 Technique Incl. 10x250m Race Pace	OFF Stretch 30min □
		20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique ERGO 8x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min	GYM GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique Incl. 10x250m Race Pace OFF Stretch 30min	Stretch 30min □
11		20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique ERGO 8x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min TUE	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min THU	GYM GYM Strength & Core Stretch 30min GRI	20km Row HR Zone 2 Technique Incl. 10x250m Race Pace OFF Stretch 30min	Stretch 30min 🛮 SUN
		20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique ERGO 8x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min	ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min	GYM GYM Strength & Core Stretch 30min	20km Row HR Zone 2 Technique Incl. 10x250m Race Pace OFF Stretch 30min	Stretch 30min □
11 Days Until Race	PM	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min MON 6 ROW 14km Row	20km Row HR Zone 2 Technique ERGO 8x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min TUE 5 ROW 14km Row	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min WED 4 ROW 14km Row	ERGO 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min THU 3	GYM GYM Strength & Core Stretch 30min FRI 2 ROW GAME 14km Row HR Zone 2 Technique	20km Row HR Zone 2 Technique Incl. 10x250m Race Pace OFF Stretch 30min SAT 1 ROW 10km Row HR Zone 2 Technique Incl. 2x250m	Stretch 30min □ SUN 0
11 Days Until Race Week	РМ	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min MON 6 ROW 14km Row HR Zone 2 Technique GYM Strength	20km Row HR Zone 2 Technique ERGO 8x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min TUE 5 ROW 14km Row HR Zone 2 Technique ERGO 6x3min @Race Rating	20km Row HR Zone 2 Technique GYM Strength & Core Stretch 30min WED 4 ROW 14km Row HR Zone 2 Technique GYM Strength	ERGO 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min THU 3 OFF ERGO 2x30min @R18-20	GYM Strength & Core Stretch 30min FRI 2 ROW 14km Row HR Zone 2 Technique (Optional)	20km Row HR Zone 2 Technique Incl. 10x250m Race Pace OFF Stretch 30min SAT 1 ROW 10km Row HR Zone 2 Technique Incl. 2x250m Race Pace	Stretch 30min □ SUN 0