12 Week Training Program - Advanced www.decentrowing.com

ments	F	Please tick the box next to ea	sessions at home in the even ach session when complete to chnique to get the best speed i v8hr apart	help maintain focus				
		MON	TUE	WED	THU	FRI	SAT	SUN
Until Race	AM	83 ROW □ 14km Row HR Zone 2 Technique	82 ROW □ 14km Row HR Zone 2 Technique	81 ROW □ 14km Row HR Zone 2 Technique	80 OFF	79 ROW □ 14km Row HR Zone 2 Technique	78 ROW □ 14km Row HR Zone 2 Technique	OFF
Week								
1		GYM □	ERGO □	GYM □	ERGO □	GYM □		
	PM	Strength & Core	2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	Strength & Core	2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	Strength & Core	OFF	
		Stretch 30min 🗆	Stretch 30min □	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆
		MON	TUE	WED	THU	FRI	SAT	SUN
Until Race	АМ	76 ROW □ 15km Row HR Zone 2 Technique	75 ROW □ 15km Row HR Zone 2 Technique	74 ROW □ 15km Row HR Zone 2 Technique	73 OFF	72 ROW □ 15km Row HR Zone 2 Technique	71 ROW □ 15km Row HR Zone 2 Technique	70 OFF
Week								
2		GYM □	ERGO □	GYM □	ERGO □	GYM □		
	PM	Strength & Core	2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	Strength & Core	2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	Strength & Core	OFF	
		Stretch 30min 🗆	Stretch 30min	Stretch 30min 🗆	Stretch 30min	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min
		MON	TUE	WED	THU	FRI 65	SAT	SUN 63
Until Race	АМ	69 ROW □ 16km Row HR Zone 2 Technique	68 ROW □ 16km Row HR Zone 2 Technique	67 ROW □ 16km Row HR Zone 2 Technique	66 OFF	ROW $\Box$ 16km Row HR Zone 2 Technique	64 ROW □ 16km Row HR Zone 2 Technique	0FF
Week								
3		<b>GYM</b> □ Strength	<b>ERGO</b> □ 2x30min @R18-20	<b>GYM</b> □ Strength	<b>ERGO</b> □ 2x30min @R18-20	<b>GYM</b> □ Strength		
	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
Until Race		MON	TUE	WED	<b>THU</b> 59	FRI	SAT	SUN 56
Until Race	AM	ROW   15km Row  HR Zone 2 Technique	ROW   15km Row	ROW   15km Row	OFF	ROW   15km Row  HR Zone 2 Technique	ROW □ 15km Row HR Zone 2 Technique	OFF
	Pivi	Till Zone Z Technique	HR Zone 2 Technique	HR Zone 2 Technique	Orr	7 IIX Zone Z Technique	The Zone Z Technique	OFF
Week					ERGO 🗆	GYM □		
week 4		GYM □	ERGO □	GYM □		OTIVI D		
	PM	<b>GYM</b> □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	GYM □ Strength & Core	2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	Strength & Core	OFF	

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		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		55	54	53	52	51	50	49
		ROW □	ROW □	ROW □		ROW □	ROW 🗆	
		16km Row	16km Row	16km Row		16km Row	16km 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								
5		GYM □	ERGO □	GYM □	ERGO 🗆	GYM □		
		Strength	2x30min @R18-20	Strength	2x30min @R18-20	Strength		
	PM	&	HR Zone 2 -Technique	&	HR Zone 2 -Technique	&	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 🗆
	_							
		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		48	47	46	45	44	43	42
		ROW =	ROW -	ROW -		ROW -	ROW -	
		17km Row	17km Row	17km Row	055	17km Row	17km Row	055
	AM	HR Zone 2 Technique	HR Zone 2 Technique	HR Zone 2 Technique	OFF	HR Zone 2 Technique	HR Zone 2 Technique	OFF
							Plus 2x250m	
Week							Race Pace	
6		GYM □	ERGO □	GYM □	ERGO 🗆	GYM □		
0		Strength	2x30min @R18-20	Strength	2x30min @R18-20	Strength		
	РМ	Siterigiti &	HR Zone 2 -Technique	Strength &	HR Zone 2 -Technique	Strength &	OFF	
	- IVI	Core	5 min walk inbetween	Core	5 min walk inbetween	Core	OFF	
		Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min	Stretch 30min 🗆	Stretch 30min
		Oli Ctori Gorinii E	Otteten domini	Gueton Gorini E	Gueton Goriiii E	Otteten commit a	Otteton domini	otreton commit is
		MON	TUE	WED	TIME	FBI	CAT	OLINI
		WOIN	IUE	WED	THU	FRI	SAT	SUN
Days Until Race		41	40	39	38	37	36	35
Days Until Race		41 <b>ROW</b> □	40 <b>ROW</b> □	39 <b>ROW</b> □		37 <b>ROW</b> □	36 <b>ROW</b> □	
Days Until Race		41 <b>ROW</b> = 16km Row	40 <b>ROW</b> □ 16km Row	39 <b>ROW</b> □ 16km Row	38	37 <b>ROW</b> □ 16km Row	36 <b>ROW</b> □ 16km Row	35
Days Until Race	AM	41 <b>ROW</b> □	40 <b>ROW</b> □	39 <b>ROW</b> □		37 <b>ROW</b> □	36 ROW □ 16km Row HR Zone 2 Technique	
	AM	41 <b>ROW</b> = 16km Row	40 <b>ROW</b> □ 16km Row	39 <b>ROW</b> □ 16km Row	38	37 <b>ROW</b> □ 16km Row	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m	35
Days Until Race Week	АМ	41 <b>ROW</b> = 16km Row	40 <b>ROW</b> □ 16km Row	39 <b>ROW</b> □ 16km Row	38	37 <b>ROW</b> □ 16km Row	36 ROW □ 16km Row HR Zone 2 Technique	35
Week	АМ	41 ROW □ 16km Row HR Zone 2 Technique	40 ROW □ 16km Row HR Zone 2 Technique	39 ROW □ 16km Row HR Zone 2 Technique	38 OFF	37 ROW □ 16km Row HR Zone 2 Technique	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m	35
	АМ	41 ROW  16km Row HR Zone 2 Technique	40  ROW  16km Row  HR Zone 2 Technique  ERGO	39 ROW □ 16km Row HR Zone 2 Technique GYM □	38 OFF ERGO □	37 ROW □ 16km Row HR Zone 2 Technique GYM □	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m	35
Week		41  ROW   16km Row  HR Zone 2 Technique  GYM   Strength	40  ROW  16km Row  HR Zone 2 Technique  ERGO  2x30min @R18-20	39  ROW □  16km Row  HR Zone 2 Technique  GYM □  Strength	38 OFF ERGO □ 2x30min @R18-20	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace	35
Week	AM.	41 ROW = 16km Row HR Zone 2 Technique  GYM = Strength &	A0  ROW □  16km Row  HR Zone 2 Technique  ERGO □  2x30min @R18-20  HR Zone 2 -Technique	39 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength &	OFF  ERGO □ 2x30min @R18-20 HR Zone 2 -Technique	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength &	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m	35
Week		41 ROW  16km Row HR Zone 2 Technique  GYM  Strength & Core	A0 ROW □ 16km Row HR Zone 2 Technique  ERGO □ 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween	39  ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core	OFF  ERGO □ 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace	35 OFF
Week		41 ROW = 16km Row HR Zone 2 Technique  GYM = Strength &	A0  ROW □  16km Row  HR Zone 2 Technique  ERGO □  2x30min @R18-20  HR Zone 2 -Technique	39 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength &	OFF  ERGO □ 2x30min @R18-20 HR Zone 2 -Technique	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength &	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace	35
Week		41 ROW  16km Row HR Zone 2 Technique  GYM  Strength & Core	A0 ROW □ 16km Row HR Zone 2 Technique  ERGO □ 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween	39  ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core	OFF  ERGO □ 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace	35 OFF
Week		41 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  MON 34	ROW D 16km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min D TUE 33	39  ROW □  16km Row  HR Zone 2 Technique  GYM □  Strength &  Core  Stretch 30min □  WED  32	OFF  ERGO   2x30min @R18-20  HR Zone 2 - Technique 5 min walk inbetween Stretch 30min	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  FRI 30	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace  OFF Stretch 30min □ SAT 29	35  OFF  Stretch 30min □
Week 7		41 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  MON 34 ROW □	ROW D 16km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min D  TUE 33 ROW D	ROW D 16km Row HR Zone 2 Technique  GYM D Strength & Core Stretch 30min D  WED 32 ROW D	OFF  ERGO  2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min  THU	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  FRI 30 ROW □	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace  OFF Stretch 30min □  SAT 29 ROW □	35  OFF  Stretch 30min  SUN
Week 7	PM	41 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  MON 34 ROW □ 17km Row	ROW D 16km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min D  TUE 33 ROW D 17km Row	39 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  WED 32 ROW □ 17km Row	OFF  ERGO  2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min  THU 31	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  FRI 30 ROW □ 17km Row	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace  OFF  Stretch 30min □  SAT 29 ROW □ 17km Row	35  OFF  Stretch 30min □  SUN  28
Week 7		41 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  MON 34 ROW □	ROW D 16km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min D  TUE 33 ROW D	ROW D 16km Row HR Zone 2 Technique  GYM D Strength & Core Stretch 30min D  WED 32 ROW D	OFF  ERGO  2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min  THU	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  FRI 30 ROW □	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace  OFF  Stretch 30min □  SAT 29  ROW □ 17km Row HR Zone 2 Technique	35  OFF  Stretch 30min  SUN
Week 7 Days Until Race	PM	41 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  MON 34 ROW □ 17km Row	ROW D 16km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min D  TUE 33 ROW D 17km Row	39 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  WED 32 ROW □ 17km Row	OFF  ERGO  2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min  THU 31	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  FRI 30 ROW □ 17km Row	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace  OFF Stretch 30min □ SAT 29 ROW □ 17km Row HR Zone 2 Technique Plus 4x250m	35  OFF  Stretch 30min □  SUN  28
Week 7	PM	41 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  MON 34 ROW □ 17km Row	ROW D 16km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min D  TUE 33 ROW D 17km Row	39 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  WED 32 ROW □ 17km Row	OFF  ERGO  2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min  THU 31	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  FRI 30 ROW □ 17km Row	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace  OFF  Stretch 30min □  SAT 29  ROW □ 17km Row HR Zone 2 Technique	35  OFF  Stretch 30min □  SUN  28
Week 7  Days Until Race Week	PM	A1 ROW  16km Row HR Zone 2 Technique  GYM  Strength & Core Stretch 30min  MON 34 ROW  17km Row HR Zone 2 Technique	ROW D 16km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min D  TUE 33 ROW D 17km Row HR Zone 2 Technique	ROW  ROW  16km Row HR Zone 2 Technique  GYM  Strength & Core Stretch 30min  WED 32 ROW  17km Row HR Zone 2 Technique	GFF  ERGO   2x30min @R18-20  HR Zone 2 - Technique 5 min walk inbetween Stretch 30min   THU  31  OFF	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  FRI 30 ROW □ 17km Row HR Zone 2 Technique	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace  OFF Stretch 30min □ SAT 29 ROW □ 17km Row HR Zone 2 Technique Plus 4x250m	35  OFF  Stretch 30min □  SUN  28
Week 7 Days Until Race	PM	A1 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  MON 34 ROW □ 17km Row HR Zone 2 Technique	ROW D 16km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min D  TUE 33 ROW D 17km Row HR Zone 2 Technique	ROW D 16km Row HR Zone 2 Technique  GYM D Strength & Core Stretch 30min D  WED 32 ROW D 17km Row HR Zone 2 Technique	OFF  ERGO   2x30min @R18-20  HR Zone 2 - Technique 5 min walk inbetween Stretch 30min   THU 31  OFF	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  FRI 30 ROW □ 17km Row HR Zone 2 Technique	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace  OFF Stretch 30min □ SAT 29 ROW □ 17km Row HR Zone 2 Technique Plus 4x250m	35  OFF  Stretch 30min □  SUN  28
Week 7  Days Until Race Week	РМ	A1 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  MON 34 ROW □ 17km Row HR Zone 2 Technique	ROW D 16km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min D  TUE 33 ROW D 17km Row HR Zone 2 Technique	ROW   16km Row HR Zone 2 Technique  GYM   Strength & Core Stretch 30min   WED   32   ROW   17km Row HR Zone 2 Technique	OFF  ERGO  2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min  THU 31  OFF  ERGO  2x30min @R18-20	37 ROW  16km Row HR Zone 2 Technique  GYM  Strength & Core Stretch 30min  FRI 30 ROW  17km Row HR Zone 2 Technique	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace  OFF Stretch 30min □  SAT 29 ROW □ 17km Row HR Zone 2 Technique Plus 4x250m Race Pace	35  OFF  Stretch 30min □  SUN  28
Week 7  Days Until Race Week	PM	A1 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  MON 34 ROW □ 17km Row HR Zone 2 Technique  GYM □ Strength & Strength & GYM □ Strength & GYM □ Strength &	ROW D 16km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min D  TUE 33 ROW D 17km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 -Technique	ROW   16km Row   16km Row   HR Zone 2 Technique   Strength & Core   Stretch 30min   WED   32   ROW   17km Row   HR Zone 2 Technique   GYM   Strength & Strength & Strength & Strength & Strength & Strength   Str	BRGO DERGO D	37 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  FRI 30 ROW □ 17km Row HR Zone 2 Technique  GYM □ Strength	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace  OFF Stretch 30min □ SAT 29 ROW □ 17km Row HR Zone 2 Technique Plus 4x250m	35  OFF  Stretch 30min □  SUN  28
Week 7  Days Until Race Week	РМ	A1 ROW □ 16km Row HR Zone 2 Technique  GYM □ Strength & Core Stretch 30min □  MON 34 ROW □ 17km Row HR Zone 2 Technique	ROW D 16km Row HR Zone 2 Technique  ERGO D 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min D  TUE 33 ROW D 17km Row HR Zone 2 Technique	ROW   16km Row HR Zone 2 Technique  GYM   Strength & Core Stretch 30min   WED   32   ROW   17km Row HR Zone 2 Technique	OFF  ERGO  2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min  THU 31  OFF  ERGO  2x30min @R18-20	37 ROW  16km Row HR Zone 2 Technique  GYM  Strength & Core Stretch 30min  FRI 30 ROW  17km Row HR Zone 2 Technique	36 ROW □ 16km Row HR Zone 2 Technique Plus 3x250m Race Pace  OFF Stretch 30min □  SAT 29 ROW □ 17km Row HR Zone 2 Technique Plus 4x250m Race Pace	35  OFF  Stretch 30min □  SUN  28

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18km Row
May   HR Zone 2 Technique   HR Zone 2 Tech
Week   Flux 52/20mm   Race Pace   Plus 12/20mm   Race Pace
Pius 12/25/0m   Race Pace   Pius 12/25/0m
PM
PM
Strength & Asmin giRace Rating & Max Effort Smin rest inbetween Stretch 30min o Stretch 30min
Strength & Asmin giRace Rating & Max Effort Smin rest inbetween Stretch 30min o Stretch 30min
PM   S
Stretch 30min
Stretch 30min c  Stre
MON
Days Until Race
Days Until Race
ROW   17km Row   17k
17km Row
Week    HR Zone 2 Technique   HR Zone 2 Technique   HR Zone 2 Technique   HR Zone 2 Technique   Incl. 6x250m   Race Pace
Neek
Neek
PM
PM
PM
PM & Max Effort & S min rest inbetween Stretch 30min a Stretch
Core   Stretch 30min   Stret
Stretch 30min a Stretch 30min
MON
Days Until Race
ROW   18km Row   HR Zone 2 Technique   HR Zone 2 Technique   OFF   18km Row   HR Zone 2 Technique   OFF   18km Row   HR Zone 2 Technique   OFF   18km Row   18km Row
18km Row
AM   HR Zone 2 Technique   Incl. 8x250m   Race Pace
Week    Core   Stretch 30min
Meek
PM
Strength   & Strength   & & Strength   & & & & & & & & & & & & & & & & & &
Strength   & Strength   & & Strength   & & & & & & & & & & & & & & & & & &
PM & Max Effort S min rest inbetween Core Stretch 30min St
Core         5 min rest inbetween         Core         5 min walk inbetween         Core           Stretch 30min
Stretch 30min         Stretch
MON         TUE         WED         THU         FRI         SAT         SUN           Days Until Race         6         5         4         3         2         1         0           ROW □         HOW □         HOW □         10km ROW         □           14km Row         14km Row         14km Row         10km Row         10km Row         HR Zone 2 Technique         Race Day
Days Until Race         6         5         4         3         2         1         0           ROW □         NOW □         ROW □         NOW □ <t< th=""></t<>
Days Until Race         6         5         4         3         2         1         0           ROW   ROW   14km Row         ROW   ROW   ROW   14km Row         ROW   14km Row         10km Row         10km Row           AM         HR Zone 2 Technique         HR Zone 2 Technique         HR Zone 2 Technique         HR Zone 2 Technique         Race Day
14km Row 14km Row 14km Row 10km Row 10km Row 10km Row MR Zone 2 Technique HR Zone 2 Technique HR Zone 2 Technique Race Day
14km Row 14km Row 14km Row 14km Row 14km Row 10km Row 10km Row MR Zone 2 Technique HR Zone 2 Technique HR Zone 2 Technique Race Day
AM HR Zone 2 Technique HR Zone 2 Technique HR Zone 2 Technique OFF HR Zone 2 Technique HR Zone 2 Technique Race Day
(Optional) Incl. 2x250m
Week Race Pace
12 GYM D ERGO D GYM D ERGO D GYM D ERGO D
Strength 4x3min @Race Rating Strength 2x30min @R18-20
PM & Max Effort & HR Zone 2 - Technique OFF OFF