

	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 ☐
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 ☐
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 ☐
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 20min ☐	Stretch 30min ☐	Stretch 30min ☐	Stretch 30min ☐