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 AM and PM sessions, ideally 8hr apart

		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		83	82	81	80	79	78	77
Week 1	AM	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
	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		76	75	74	73	72	71	70
Week 2	AM	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	OFF
	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
Week 3	AM	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
	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		62	61	60	59	58	57	56
Week 4	AM	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	OFF
	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	55	54	53	52	51	50	49
Week 5 AM	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	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	48	47	46	45	44	43	42
Week 6 AM	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
Week 6 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	41	40	39	38	37	36	35
Week 7 AM	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 Plus 4x250m Race Pace	OFF
Week 7 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	34	33	32	31	30	29	28
Week 8 AM	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 6x250m Race Pace	OFF
Week 8 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	27	26	25	24	23	22	21
Week 9 AM	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
Week 9 PM	GYM □ Strength & Core	ERGO □ 6x3min @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 10 AM	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
Week 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	12	11	10	9	8	7
Week 11 AM	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 Incl. 10x250m Race Pace	OFF
Week 11 PM	GYM □ Strength & Core	ERGO □ 8x3min @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	6	5	4	3	2	1	0
Week 12 AM	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 (Optional)	ROW □ 10km Row HR Zone 2 Technique Incl. 2x250m Race Pace	Race Day
Week 12 PM	GYM □ Strength & Core	ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween	GYM □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	OFF	OFF	
	Stretch 30min □	Stretch 30min □	Stretch 30min □	Stretch 30min □	Stretch 30min □	Stretch 30min □	Stretch 30min □