12 Week Training Program - Intermediate

omments	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 be 8hr apart(ideally)	help maintain focus				
		MON	TUE	WED	THU	FRI	SAT	SUN
ays Until Race	АМ	83 ROW □ 12km Row HR Zone 2 Technique	82 OFF	81 ROW □ 12km Row HR Zone 2 Technique	80 OFF	79 ROW □ 12km Row HR Zone 2 Technique	78 ROW □ 12km 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	OFF 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 🗆
		MON	TUE	WED	THU	FRI	SAT	SUN
ays Until Race		76	75	74	73	72	71	70
Week	AM	ROW □ 13km Row HR Zone 2 Technique	OFF	ROW □ 13km Row HR Zone 2 Technique	OFF	ROW □ 13km Row HR Zone 2 Technique	ROW □ 13km Row HR Zone 2 Technique	OFF
2	PM	GYM □ Strength & Core	ERGO   2x30min @R18-20  HR Zone 2 -Technique 5 min walk inbetween	OFF	ERGO   2x30min @R18-20  HR Zone 2 -Technique 5 min walk inbetween	GYM □ Strength & Core	OFF	0
		Stretch 30min 🗆	Stretch 30min 🗈	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗉	Stretch 30min 🗆
ays Until Race		MON 69	TUE 68	WED	THU 66	FRI 65	SAT 64	SUN 63
Week	АМ	ROW □ 14km Row HR Zone 2 Technique	OFF	ROW □ 14km Row HR Zone 2 Technique	OFF	ROW □ 14km Row HR Zone 2 Technique	ROW □ 14km Row HR Zone 2 Technique	OFF
3	PM	GYM □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	OFF	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	<b>GYM</b> □ Strength & Core	OFF	
		Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min 🗆	Stretch 30min	Stretch 30min 🗆
		MON	TUE	WED	THU	FRI	SAT	SUN
ays Until Race	АМ	62 ROW   13km Row HR Zone 2 Technique	61 OFF	60 ROW □ 13km Row HR Zone 2 Technique	59 OFF	58 ROW □ 13km Row HR Zone 2 Technique	57 ROW □ 13km Row HR Zone 2 Technique	56 OFF
Week								
4	PM	GYM □ Strength & Core	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	OFF	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	GYM □ Strength & Core	OFF	
					3 ITHIT Walk IIIDCLWCCII	OOIC		

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MON TUE WED THU FRI	SAT SUN
Days Until Race         55         54         53         52         51	50 49
ROW □         ROW □           14km Row         14km Row	ROW □ 14km Row
AM HR Zone 2 Technique OFF HR Zone 2 Technique OFF HR Zone 2 Technique	que HR Zone 2 Technique OFF
Week	
week	_
5 GYM - ERGO - GYM -	
Strength 2x30min @R18-20 2x30min @R18-20 Strength	
PM & HR Zone 2 -Technique OFF HR Zone 2 -Technique &	OFF
Core 5 min walk inbetween 5 min walk inbetween Core	
Stretch 30min  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 □
15km Row 15km Row 15km Row	15km Row
AM HR Zone 2 Technique OFF HR Zone 2 Technique OFF HR Zone 2 Technique	
Week	Plus 2x250m Race Pace
week	Race Pace
6 GYM - ERGO - GYM -	
Strength 2x30min @R18-20 2x30min @R18-20 Strength	
PM & HR Zone 2 - Technique OFF HR Zone 2 - Technique &	OFF
Core 5 min walk inbetween 5 min walk inbetween Core	01.1.1.00
Stretch 30min  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 □         ROW □           14km Row         14km Row	ROW □ 14km Row
AM HR Zone 2 Technique OFF HR Zone 2 Technique OFF HR Zone 2 Technique	
The Zone 2 recommended of the Zone 2 recomme	Plus 3x250m
Week	Race Pace
7 GYM   ERGO   ERGO   GYM   Overath   Overath	
Strength 2x30min @R18-20 2x30min @R18-20 Strength  PM & HR Zone 2 -Technique OFF HR Zone 2 -Technique &	OFF
Core 5 min walk inbetween 5 min walk inbetween Core	OFF
Stretch 30min   Stretch 30min   Stretch 30min   Stretch 30min   Stretch 30min	□ Stretch 30min □ Stretch 30min □
MON         TUE         WED         THU         FRI           Days Until Race         34         33         32         31         30	SAT SUN 29 28
Days Until Race         34         33         32         31         30           ROW □         ROW □         ROW □         ROW □	29 28 ROW 🗆
15km Row 15km Row 15km Row	15km Row
AM HR Zone 2 Technique OFF HR Zone 2 Technique OFF HR Zone 2 Technique	que HR Zone 2 Technique OFF
	Plus 4x250m
Week Week	Race Pace
8 GYM - ERGO - ERGO - GYM -	
Strength   2x30min @R18-20   2x30min @R18-20   Strength   PM   & HR Zone 2 -Technique   OFF   HR Zone 2 -Technique   &	OFF
Strength 2x30min @R18-20 2x30min @R18-20 Strength	

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		MON	TUE	WED	THU	FRI	SAT	SUN
<b>Days Until Race</b>		27	26	25	24	23	22	21
		ROW 🗆		ROW □		ROW 🗆	ROW □	
		16km Row		16km Row		16km Row	16km Row	
	AM	HR Zone 2 Technique	OFF	HR Zone 2 Technique	OFF	HR Zone 2 Technique	HR Zone 2 Technique	OFF
							Plus 5x250m	
Week							Race Pace	
9		GYM □	ERGO □		ERGO □	GYM □		
		Strength	4x3min @Race Rating		2x30min @R18-20	Strength		
	PM	&	Max Effort	OFF	HR Zone 2 -Technique	&	OFF	
		Core	5 min rest inbetween		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		20	19	18	17	16	15	14
		ROW =		ROW =		ROW =	ROW 🗆	
		15km Row		15km Row		15km Row	15km Row	
	AM	HR Zone 2 Technique	OFF	HR Zone 2 Technique	OFF	HR Zone 2 Technique	HR Zone 2 Technique	OFF
							Incl. 6x250m	
Week							Race Pace	
10		GYM □	ERGO □		ERGO □	GYM □		
10		Strength	5x3min @Race Rating		2x30min @R18-20	Strength		
	РМ	&	Max Effort	OFF	HR Zone 2 -Technique	Strength &	OFF	
	PIVI	∝ Core	5 min rest inbetween	OFF	5 min walk inbetween	∝ Core	OFF	
		Stretch 30min	Stretch 30min	Stretch 30min 🗆	Stretch 30min	Stretch 30min	Stretch 30min 🗆	Stretch 30min
		Stretch Soffin L	Stretch Somm	Stretch Soffin B	Stretch Sommi	Stretch Somm	Stretch Sommi	Stretch Sommi
		MON	TUE	WED	THU	FRI	SAT	SUN
Days Until Race		13	12	11	10	9	8	7
		ROW □		ROW 🗆		ROW 🗆	ROW 🗆	
		16km Row		16km Row		16km Row	16km Row	
	AM	16km Row HR Zone 2 Technique	OFF	16km Row HR Zone 2 Technique	OFF	HR Zone 2 Technique	HR Zone 2 Technique	OFF
	AM		OFF		OFF		HR Zone 2 Technique Incl. 8x250m	OFF
Week	AM		OFF		OFF		HR Zone 2 Technique	OFF
	AM	HR Zone 2 Technique				HR Zone 2 Technique	HR Zone 2 Technique Incl. 8x250m	OFF
Week 11	AM	HR Zone 2 Technique  GYM    GYM   GYM    GYM    GYM    GYM    GYM    GYM    GYM    GYM    GYM    GYM    GYM    GYM     GYM     GYM     GYM       GYM         GYM	ERGO 🗆		ERGO 🗆	HR Zone 2 Technique  GYM   GYM	HR Zone 2 Technique Incl. 8x250m	OFF
		HR Zone 2 Technique  GYM  Strength	ERGO □ 6x3min @Race Rating	HR Zone 2 Technique	<b>ERGO</b> □ 2x30min @R18-20	HR Zone 2 Technique  GYM  Strength	HR Zone 2 Technique Incl. 8x250m Race Pace	OFF
	AM PM	HR Zone 2 Technique  GYM  Strength &	ERGO □ 6x3min @Race Rating Max Effort		ERGO □ 2x30min @R18-20 HR Zone 2 -Technique	HR Zone 2 Technique  GYM □  Strength  &	HR Zone 2 Technique Incl. 8x250m	OFF
		HR Zone 2 Technique  GYM  Strength & Core	ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween	HR Zone 2 Technique OFF	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	HR Zone 2 Technique  GYM □  Strength  &  Core	HR Zone 2 Technique Incl. 8x250m Race Pace	
		HR Zone 2 Technique  GYM  Strength &	ERGO □ 6x3min @Race Rating Max Effort	HR Zone 2 Technique	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique	HR Zone 2 Technique  GYM □  Strength  &	HR Zone 2 Technique Incl. 8x250m Race Pace	OFF Stretch 30min
		HR Zone 2 Technique  GYM  Strength & Core	ERGO □ 6x3min @Race Rating Max Effort 5 min rest inbetween	HR Zone 2 Technique OFF	ERGO □ 2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween	HR Zone 2 Technique  GYM □  Strength  &  Core	HR Zone 2 Technique Incl. 8x250m Race Pace	
		GYM  Strength  Core Stretch 30min  MON  6	ERGO   6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min	OFF Stretch 30min  WED	ERGO   2x30min @R18-20  HR Zone 2 -Technique 5 min walk inbetween  Stretch 30min	GYM GYM CORE Strength Stretch 30min FRI	HR Zone 2 Technique Incl. 8x250m Race Pace  OFF  Stretch 30min  SAT	Stretch 30min □
11		GYM Strength & Core Stretch 30min Stretch 30min MON 6 ROW STRENGTH	ERGO   6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min   TUE	OFF Stretch 30min  WED 4 ROW	ERGO   2x30min @R18-20  HR Zone 2 -Technique 5 min walk inbetween  Stretch 30min   THU	GYM Strength & Core Stretch 30min Strel	HR Zone 2 Technique Incl. 8x250m Race Pace  OFF  Stretch 30min  SAT 1  ROW  ROW  ROW ROW ROW ROW ROW ROW ROW ROW ROW ROW	Stretch 30min a
11	РМ	GYM Strength & Core Stretch 30min  MON 6 ROW 1 12km Row	ERGO   6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min   TUE 5	OFF Stretch 30min  WED 4 ROW  12km Row	ERGO   2x30min @R18-20  HR Zone 2 - Technique 5 min walk inbetween  Stretch 30min   THU  3	GYM Strength & Core Stretch 30min STRI 2 ROW STRING 12km Row	HR Zone 2 Technique Incl. 8x250m Race Pace  OFF  Stretch 30min  SAT 1  ROW  8km Row	Stretch 30min a
11		GYM Strength & Core Stretch 30min Stretch 30min MON 6 ROW STRENGTH	ERGO   6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min   TUE	OFF Stretch 30min  WED 4 ROW	ERGO   2x30min @R18-20  HR Zone 2 -Technique 5 min walk inbetween  Stretch 30min   THU	GYM Strength & Core Stretch 30min Stretch 30	HR Zone 2 Technique Incl. 8x250m Race Pace  OFF  Stretch 30min  SAT 1 ROW  8km Row HR Zone 2 Technique	Stretch 30min a
11  Days Until Race	РМ	GYM Strength & Core Stretch 30min  MON 6 ROW 1 12km Row	ERGO   6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min   TUE 5	OFF Stretch 30min  WED 4 ROW  12km Row	ERGO   2x30min @R18-20  HR Zone 2 - Technique 5 min walk inbetween  Stretch 30min   THU  3	GYM Strength & Core Stretch 30min STRI 2 ROW STRING 12km Row	HR Zone 2 Technique Incl. 8x250m Race Pace  OFF  Stretch 30min  SAT 1  ROW  8km Row HR Zone 2 Technique Incl. 2x250m	Stretch 30min  SUN 0
11	РМ	GYM Strength & Core Stretch 30min  MON 6 ROW 1 12km Row	ERGO   6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min   TUE 5	OFF Stretch 30min  WED 4 ROW  12km Row	ERGO   2x30min @R18-20  HR Zone 2 - Technique 5 min walk inbetween  Stretch 30min   THU  3	GYM Strength & Core Stretch 30min Stretch 30	HR Zone 2 Technique Incl. 8x250m Race Pace  OFF  Stretch 30min  SAT 1 ROW  8km Row HR Zone 2 Technique	Stretch 30min  SUN 0
Days Until Race Week	РМ	GYM  Strength  Core Stretch 30min  MON  6  ROW  12km Row  HR Zone 2 Technique	ERGO  6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min  TUE 5	OFF Stretch 30min  WED 4 ROW  12km Row	ERGO   2x30min @R18-20 HR Zone 2 -Technique 5 min walk inbetween Stretch 30min   THU 3  OFF	GYM Strength & Core Stretch 30min Stretch 30	HR Zone 2 Technique Incl. 8x250m Race Pace  OFF  Stretch 30min  SAT 1  ROW  8km Row HR Zone 2 Technique Incl. 2x250m	Stretch 30min  SUN 0
11  Days Until Race	РМ	GYM Strength & Core Stretch 30min   MON 6 ROW 1 12km Row HR Zone 2 Technique	ERGO   6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min   TUE 5  OFF	OFF Stretch 30min  WED 4 ROW  12km Row	ERGO   2x30min @R18-20 HR Zone 2 - Technique 5 min walk inbetween Stretch 30min   THU  3  OFF	GYM Strength & Core Stretch 30min Stretch 30	HR Zone 2 Technique Incl. 8x250m Race Pace  OFF  Stretch 30min  SAT 1  ROW  8km Row HR Zone 2 Technique Incl. 2x250m	Stretch 30min  SUN 0
Days Until Race Week	РМ	GYM Strength  Core Stretch 30min MON  6  ROW 12km Row HR Zone 2 Technique	ERGO   6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min   TUE 5  OFF  ERGO   4x3min @Race Rating	OFF Stretch 30min  WED 4 ROW  12km Row HR Zone 2 Technique	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 Stretch 30	HR Zone 2 Technique Incl. 8x250m Race Pace  OFF  Stretch 30min  SAT  ROW  8km Row HR Zone 2 Technique Incl. 2x250m Race Pace	Stretch 30min  SUN 0
Days Until Race Week	РМ	GYM Strength & Core Stretch 30min  MON 6 ROW 1 12km Row HR Zone 2 Technique	ERGO  6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min   TUE 5  OFF  ERGO  4x3min @Race Rating Max Effort	OFF Stretch 30min  WED 4 ROW  12km Row	ERGO   2x30min @R18-20  HR Zone 2 -Technique 5 min walk inbetween Stretch 30min   THU  3  OFF  ERGO   2x30min @R18-20  HR Zone 2 -Technique	GYM Strength & Core Stretch 30min Stretch 30	HR Zone 2 Technique Incl. 8x250m Race Pace  OFF  Stretch 30min  SAT 1  ROW  8km Row HR Zone 2 Technique Incl. 2x250m	Stretch 30min  SUN 0
Days Until Race Week	РМ	GYM Strength  Core Stretch 30min MON  6  ROW 12km Row HR Zone 2 Technique	ERGO   6x3min @Race Rating Max Effort 5 min rest inbetween Stretch 30min   TUE 5  OFF  ERGO   4x3min @Race Rating	OFF Stretch 30min  WED 4 ROW  12km Row HR Zone 2 Technique	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 Stretch 30	HR Zone 2 Technique Incl. 8x250m Race Pace  OFF  Stretch 30min  SAT  ROW  8km Row HR Zone 2 Technique Incl. 2x250m Race Pace	Stretch 30min  SUN 0