

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|--|--|
| 23 | 29 | 30 | 1 | 2 SS/Tech | 3 | 4 AN |
| | | | | | | |
| 5 AT2 | 6 SS/Tech | 7 SS/Tech | 8 AT1 | 9 AN | 10 | 11 SS/Tech |
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| 12 SS/Tech | 13 AT1 | 14 SS/Tech | 15 SS/Tech | 16 AT2 | 17 | 18 AN |
| | | | | 10k! | | 4x10' increasingly hard |
| 19 SS/Tech | 20 AT2 | 21 SS/Tech | 22 AT1 | 23 SS/Tech | 24 Holiday Break | 25 Holiday Break |
| 4 x 15' with 3' rest at 20' pace + 10/12 splits | 3 x 15' with 5' rest at 20' pace + 5/7 splits | 25', 20', 15' @ 18, 20, 22spm splits 20' pace + 14, 12, 10 | 3 x 10' w/ 5' rest - 4' 22spm, 3' 24, 2' 26, 1' 28; should average 20' pace for 10' piece | 6 x 10' with 2' rest at 20' pace + 10; 10 hard strokes to finish each piece | | |
| 26 SS/Tech | 27 AT1 | 28 SS/Tech | 29 SS/Tech | 30 AT2 | 31 AN | 1 SS/Tech |
| 5 x 12' with 3' rest; cadences 16, 18, 20, 18, 16 | 5 x 5' max meters, open stroke rating with 5' rest | 30', 20', 10' all at 20spm,, 20' pace + 12, 10, 8; rest 3' minutes | 3 x 20' with 2' rest, all at 20spm, 20' pace + 10/12 | 10', 9', 8',...2', 1' starting at 20' pace plus 10 and going down 1 split on each piece | 5 x 500meters Max, open cadence; 3' rest | 10 x 5' with 1' rest at 20' plus 10 splits |

| Workout type | | Heart Rate Percentage | Goal Splits | Reason for workout | Basic Intensity | Description |
|--------------|----------------------------|-----------------------|-------------------------|-------------------------|--------------------------------|--|
| SS/Tech | Steady State and Technique | 70-75% | 20' ok 6k split + 10-12 | Base Fitness | Easy, just past conversational | This is the base of our training program, should consist of workouts 60' in length. Stroke rating for any SS workout should be in 18-22 range. Will often be mixed between tanks and ergs. |
| AT2 | Aerobic Threshold Range 2 | 75-80% | 20' or 6k + 5-7 | Slow endurance training | Moderate | Building upon steady state, should be hard pace using more cadence on the erg but should be sustainable and not causing undo soreness the following day. The goal of these days is not racing, but to consistently hit the split given for the workout. Time spent at this pace will usually be 40-60'. |
| AT1 | Aerobic Threshold Range 1 | 80-85% | 20' or 6k + 1-2 | Fast endurance training | Hard | Pushes both our lactate threshold and endurance as well as making us more race ready and tough. These are tough workouts at the given splits and border on unsustainable. If given multiple pieces, hit precisely the split given for the first piece or two and the last piece is usually open, so as fast as we can go. Stroke rating should be no lower than 26. Time spent at this pace will be 30-45' |
| AN | Anaerobic Threshold | 90-100% | Below 20' or 6k split | Lactate training | Max effort | All out effort. Will usually consist of pieces shorter than 5'. Think intervals at open cadence. |