

Rowing Training Programme 2003/04

| SEPTEMBER | | Week 5 – 6 | | | | PREPARATION PHASE - GENERAL PREPARATION | | Aims: UT₂ | |
|--|--------------------------|--|--------------------------|--|--|--|----------------------|-----------------------------|--|
| Mon 1st | Tues 2 nd | Wed 3rd | Thurs 4 th | Fri 5 th | Sat 6 th | Sun 7th | Comments | | |
| Hypertrophy 3 x 10 @ 72.5% + Supps | | Hypertrophy 3 x 10 @ 72.5% + Supps | | Hypertrophy 3 x 10 @ 72.5% + Supps | UT ₂ 14km R18 (Technical Only) | OFF | Light 8 sessions | | |
| | UT ₂ 12km R18 | | UT ₂ 12km R18 | | UT ₂ 12km R18 | | | | |
| 0km | 12km | 0km | 12km | 0km | 26km | 0km | Total = 50km | | |
| Mon 8 th | Tues 9 th | Wed 10 th | Thurs 11 th | Fri 12 th | Sat 13 th | Sun 14 th | Comments | | |
| Hypertrophy 3 x 10 @ 80% + Supps | | Hypertrophy 3 x 10 @ 80% + Supps | | Hypertrophy 3 x 10 @ 80% + Supps | UT ₂ 14km R18 | UT ₂ 14km R18 | Medium 8 sessions | | |
| | UT ₂ 14km R18 | | UT ₂ 12km R18 | | UT ₂ 12km R18 | Flexibility | | | |
| 0km | 14km | 0km | 12km | 0km | 26km | 14km | Total = 66km | | |

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| SEPTEMBER | | Week 7 – 8 | | | | PREPARATION PHASE - GENERAL PREPARATION | | Aims: UT₂/UT₁ | |
|---|---|---|------------------------------|---|--|--|---------------------------|--|----------------------|
| Mon 15th | Tues 16 th | Wed 17 th | Thurs 18 th | Fri 19 th | Sat 20 th | Sun 21st | Comments | | |
| Hypertrophy 2 x 10 @ 85% 1 x 10 down set + Supps | Hypertrophy 2 x 10 @ 85% 1 x 10 down set + Supps | Hypertrophy 2 x 10 @ 85% 1 x 10 down set + Supps | | Hypertrophy 2 x 10 @ 85% 1 x 10 down set + Supps | UT ₂ 12km R18 | UT ₂ 12km R18 | UT ₂ 12km R18 | UT ₂ 12km R18 | Heavy 10 sessions |
| | UT ₂ 12km R18 | UT ₂ 11km R18 | UT ₂ 11km R18 | UT ₂ 11km R18 | UT ₂ 12km R18 | UT ₂ 12km R18 | | | |
| 0km | 12km | 11km | 11km | 0km | 24km | 24km | Total = 82 km | | |
| Mon 22nd | Tues 23rd | Wed 24th | Thurs 25th | Fri 26th | Sat 27th | Sun 28th | Comments | | |
| | Hypertrophy 1 x 10 @ 87.5% 2 x 10 down set + Supps | Hypertrophy 1 x 10 @ 87.5% 2 x 10 down set + Supps | | Hypertrophy 1 x 10 @ 87.5% 2 x 10 down set + Supps | UT ₂ / UT ₁ 14km Inc: 2 x 10 mins 8' rest R20 | UT ₂ / UT ₁ 14km Inc: 2 x 10 mins 8' rest R20 | Very Heavy 10 sessions | | |
| Weights Test | | | | | | | | | |
| IRM All Exercises | UT ₂ 14km R18 | UT ₂ 14km R18 | UT ₂ 14km R18 | | UT ₂ 14km R18 | UT ₂ 14km R18 | | | |
| 0km | 14km | 14km | 14km | 0km | 28km | 28km | Total =100km | | |